



SUPPORTING DOCUMENTS

3.2.2

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



Virtual Workshop on "Promoting International Bonding With College Students"

The Women Cell and Gender Champion Club of St. Bede's College, Shimla, organised a virtual workshop on "Promoting International Bonding with College Students" on February 25, 2025. The workshop aimed to foster intergenerational relationships, uphold ethical values, and explore the impact of technological advancements on family dynamics. The event featured two distinguished resource persons, Dr Seema Kashyap, Associate Professor at the University of Legal Studies, Chaura Maidan, Shimla, and Dr SN Ghosh, Professor at the Department of Psychology, Himachal Pradesh University (HPU). The workshop provided valuable insights into intergenerational bonding, respect for ethics, and the role of technology in shaping relationships.

Objective: The initiative aimed to promote international and intergenerational connections while highlighting the role of ethics in building strong relationships. It encouraged students to honour their cultural heritage alongside modern adaptations and explored the impact of technology, including AI, on intergenerational dynamics. Interactive activities fostered awareness of family traditions and the importance of shared wisdom.

Description: Dr. Seema Kashyap's session stressed the vital role of intergenerational bonding and ethical values in a thriving society. She emphasised the need to respect and cherish the wisdom of elders, recognising their invaluable contributions. Furthermore, she highlighted how ethical values are fundamental in shaping individual character and fostering integrity and responsibility. Dr Kashyap explained that mutual respect and meaningful relationships within families and communities are the cornerstones of strong societal bonds, creating a supportive and interconnected environment. Finally, she challenged students to find a harmonious balance between preserving their cultural heritage and adapting to the evolving demands of contemporary lifestyles, encouraging them to embrace both tradition and progress.

Dr. SN Ghosh's session delved into the widening historical gap between generations, exploring how evolving lifestyles and broader societal shifts have reshaped family dynamics. He illuminated how technological advancements have fundamentally altered communication patterns and relationships between different age groups, creating both opportunities and obstacles for connection. The discussion extended to the benefits and challenges of Artificial Intelligence (AI) in potentially bridging these generational gaps, offering new avenues for interaction while also raising concerns about digital divides. Dr Ghosh also emphasised the continuing importance of physical proximity and shared spaces in nurturing and maintaining emotional connections across generations. He then presented a multifaceted perspective, incorporating viewpoints from children, youth, adults, and the elderly on practical strategies for strengthening family bonds in the face of these modern challenges.

Interactive Activities



The workshop incorporated engaging activities to encourage student participation and practical understanding of the discussed concepts. These included:

Poster-Making and Slogan-Writing:

Students expressed their thoughts creatively on family bonds, ethical values, and generational harmony through posters and slogans. The activity helped them visually represent the importance of unity and respect across generations.

Traditional Recipes and Home Remedies Sharing:

One of the most engaging segments of the workshop involved students sharing traditional recipes and home remedies passed down by their grandparents. This activity highlighted the rich cultural wisdom of older generations and reinforced the importance of preserving family traditions and knowledge.

Skit Performance:

The workshop concluded with a skit performed by students, showcasing real-life scenarios emphasizing mutual respect, emotional connections, and bridging generational gaps. The performance effectively conveyed the importance of fostering strong family relationships and understanding different generational perspectives.

Outcomes: The workshop, organised by the Women Cell and Gender Champion Club, successfully fostered insightful discussions on intergenerational bonding, ethical values, and evolving family dynamics in the digital age. Students enhanced their awareness of intergenerational relationships, appreciated cultural preservation through shared traditions, and explored the impact of technology on family bonds. Interactive activities encouraged active participation and emphasised the importance of emotional well-being across generations. The event reinforced the significance of mutual respect and adapting to modern advancements while staying rooted in traditional values, leaving participants with a memorable and enriching experience. The organisers expressed their gratitude to the resource persons, faculty, and students for their enthusiastic involvement.



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



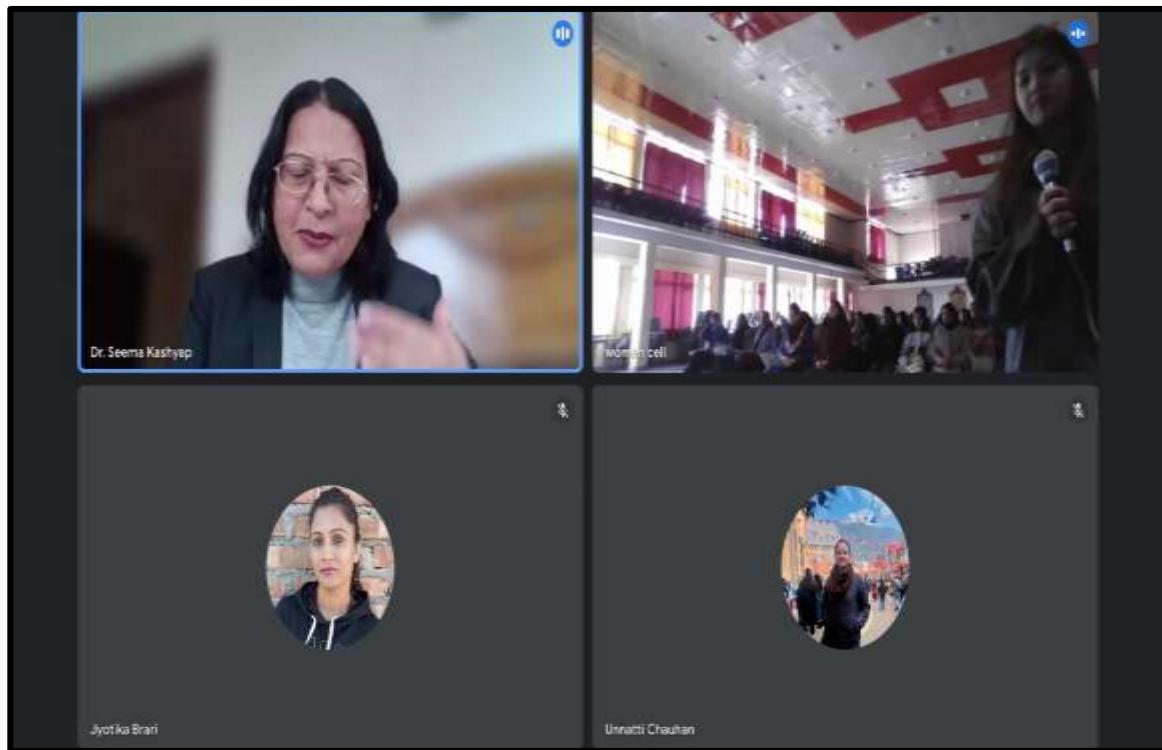
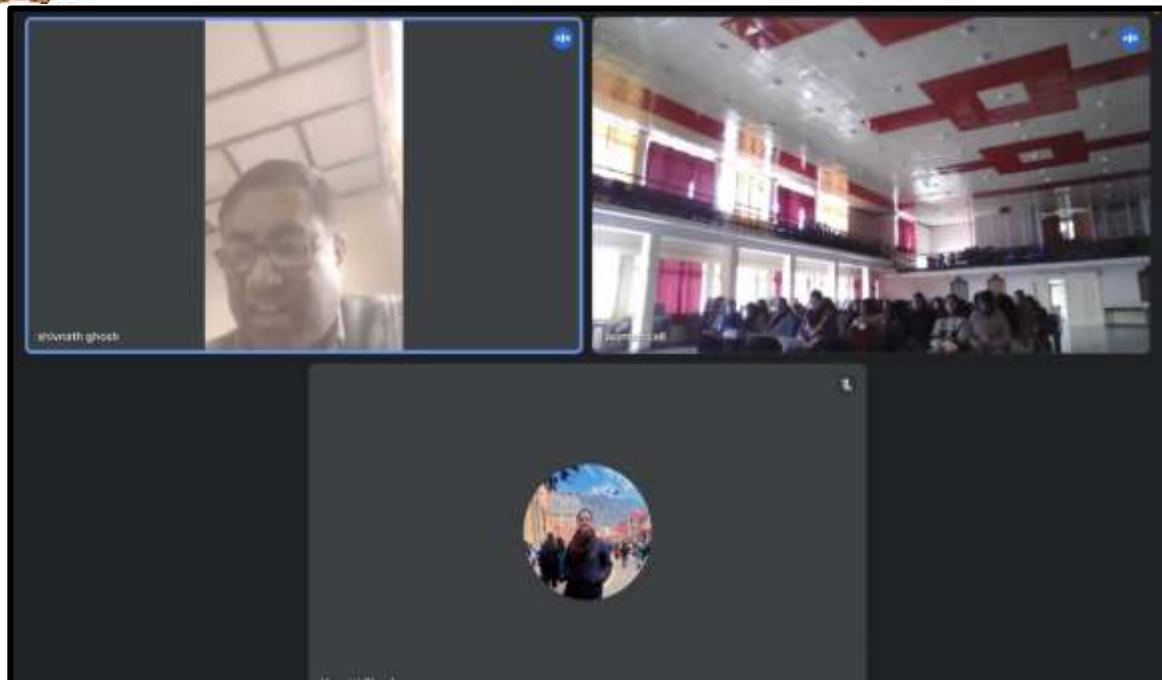
Dr. S.N. Ghosh
Professor
Department of Psychology
Himachal Pradesh University, Shimla



Dr. Seema Kashyap
Associate Professor
University Institute of Legal Studies
Chaura Maidan, Shimla

**DATE: FEBRUARY 25, 2025
TIME: 9:30 AM ONWARDS
VENUE : AUDITORIUM**

Brochure



Virtual Workshop on "Promoting International Bonding With College Students"(February 25, 2025)



पोस्टर स्पर्धा में रोजली और नारा लेखन में श्रुति अव्वल सेंट बीड़स कॉलेज में स्पर्धाओं का आयोजन



सेंट बीड़स कॉलेज में आयोजित कार्यशाला में भाग लेतीं छात्राएं और विभिन्न स्पर्धाओं की विजेता शिक्षकों के साथ। अमर उजाला

अमर उजाला व्यूरो

शिमला। सेंट बीड़स कॉलेज के महिला प्रकोष्ठ और जेंडर चैंपियन कमेटी ने मंगलवार को अंतर पीढ़ी संबंधों पर कार्यशाला का आयोजन किया।

इस 'मीके' पर आयोजित पोस्टर स्पर्धा में रोजली थापा ने पहला, रित्विका ने दूसरा, नारा लेखन में श्रुति शर्मा ने पहला, ममता मेहरा ने दूसरा तथा स्कैच बनाने में दिव्या उनियाल ने पहला स्थान पाया। ऑनलाइन और ऑफलाइन मोड से आयोजित इस कार्यशाला में विश्वविद्यालय से सेवानिवृत्त मनोविज्ञान प्रो. एसएन धोष, यूआईएलएस विधि संस्थान की शिक्षिका डॉ. सीमा कश्यप ने स्नोत

व्यक्ति के रूप में शिरकत की और रिश्तों की अहमियत बताई। सीमा कश्यप ने अपने से बड़ों के आदर सत्कार करने और बड़ों के साथ जुड़े रहने के लिए उनसे नियमित रूप से बातचीत करने पर जोर दिया। कहा कि इससे रिश्ते मजबूत होते हैं।

मनोवैज्ञानिक प्रो. एसएन धोष ने सामाजिक, तकनीकी विकास, बदलते लाइफ स्टाइल आरे बताया। छात्राओं को बताया कि कैसे एक-दूसरे से मिलकर बातचीत कर रिश्तों को मधुर बनाया जा सकता है। कहा कि परिवार का आपस में मेलजोल होना जरूरी है। कार्यशाला में छात्राओं ने नुक्कड़ नाटक का मंचन कर रिश्तों का महत्व बताया।

Media Coverage



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

ATTENDANCE SHEET

Activity: "Promoting Intergenerational Bonding With College Students"

Date: February 25, 2025

Organising Unit: Women Cell & Gender Champion Club

Sr. No.	Name of the Student	Class	Signature
1)	TAMANNA	B.A. III rd J	Tamanna
2)	JAHNVE	B.A.III rd	Jahnve
3)	HITESHI	B.A.III rd	Hiteshi
4)	NITIKA	B.A.III rd	Nitika
5)	URVASHI	B.A.III	Urvashi
6)	NANCY	B.A.III	Nancy
7)	ASHIMA	B.A.III	Ashima
8)	RIYA SHARMA	B.A.III	Riya
9)	SRIJAL KIOLTA	B.A.III	Srijal
10)	SONAL SALDANT	B.A.III	Sonal
11)	KRITIKA PUNDIT	B.A.III	Kritika
12)	RIYA KAUNDAL	B.A.III	RIya
13)	JIGYASA PATYAL	B.A.III	Jigyasa
14)	MITTALI CHUPUHAN	B.A.III	Mittal
15)	MEHAIC TANWAR	B.A.III	Mehaic
16)	HIMANI VERMA	B.A.III	Himani
17)	PRIYAL SHARMA	B.A.III	Priyal
18)	SONAM ANDOW	B.A.III	Sonam

25/02/25
Principal
St. Bede's Coll.

Attendance Sheet



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

19)	AANVI HASTU	BA I st	Chawla
20)	RITIKA BERRY	BA I st	Berry
21)	PRAPTI JOSEPH REDDY	BA BES ^{III}	Prapti
22)	SHAYONTIKA CHAKRABORTY	BA FIN ^{III}	Shyoti
23)	AANYA SAROCH	BA II	Aanya
24)	PRIYANSHU CHANDEL	MSC II	Chandell
25)	SHIVANI THAKUR	MSC II	Shivani
26)	ANVJA	MSC II	Anvja
27)	AVANTIKA NEGI	MSC IV	Avantika
28)	HIMANI THABUR	MSC IV	Himani
29)	YAMUNA KUTCH	MSC IV	Yamuna
30)	SARITA THAKUR	MSC IV th	Sarita
31)	SAKSHI BHAROWAT	MSC I st	Bharowat
32)	Radhika Singh	MSC IV	Radhika
33)	PRIKSHA DOURA	MSC II	Priksa
34)	RIDHI BHANTA	MSC II	Ridhi
35)	VIBHUTI	MSC IV	Vibhuti
36)	VARDEKA	MSC IV	Vardeka
37)	SAKSHI	MSC IV	Sakshi
38)	SHUETA PUNTA	MSC II	Shueta
39)	Sanjana Thakur	MSC II	Sanjana
40)	PRATISHTHA SHARMA	BA I st	Pratishtha

✓
26/02/2015
Principal
St. Bede's College

Attendance Sheet



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

41)	ANJALI THAKUR	BA I st	Anjali
42)	PRIYANSHI SHARMA	BA I st	Priyanshi
43)	PRIYANKA VERMA	BA I st	Priyanka
44)	SNEHA VERMA	BA I st	Sneha
45)	PRIYANSHI THAKUR	BA I st	Priyanshi
46)	DIKSHITA NEGI	BA I st	Dikshita
47)	APRAJITA CHAUHAN	BA I st	Aprajita
48)	SHURUTI	BA I st	Shuruti
49)	JANVI KANWAR	BA I st	Janvi
50)	DEEPTIKA AURANG	BA III	Deeptika
51)	SHIMONA JАНДЕВ	BA - I	Shimona
52)	PRERNA	BA - I	Prerna
53)	ANUSHKA SHARMA	BA - I	Anushka
54)	JANSHIKA BHARDWAJ	M.Sc II	Janki
55)	Jeha Jamwal	M.Sc IV	Jeha
56)	SARCAM THAKUR SANANT	M.Sc IV	Sarcam
57)	TANVI THAKUR	BAI year	Tanvi Thakur
58)	ANUSHKA THAKUR	BAI year	Anushka
59)	LAVANYA BHATT	Biotech-2	Lavanya
60)	ARIKA CHAUHAN	Biotech-2	Arika
61)	SHATAKSHI RAWAT	Biotech-3	Shatakshi
62)	ASTHA	BA III year	Astha

roofly
05/02/25
Pandit
St. Bede's College



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

63)	DIVYA UNIVAL	BA II nd year	T-1
64)	KRITIKA CHAUDHARY	BA II nd year	Kritika
65)	TASHI WANGNU	BA II nd year	Tashi
66)	SAMREEN KAUR	BA II nd year	Samreen
67)	Sukhni, GHAI	BA II nd year	Sukhni
68)	PALAK KEGAROAL	BA II nd year	Palak
69)	ARCHI CHAUHAN	BA II nd year	Archu
70)	Anu Gujral	BA II nd year	Anu
71)	Vanshika Kaljots	BA I st year	Vanshika
72)	Jahnavi Chaurasia	BA I st year	Jahnavi
73)	Ghanshi Kumanji	BA I st year	Ghanshi
74)	Aashna Panwar	BA I st year	Aashna
75)	AISHWARYA	BA I st year	Aishwarya
76)	SAVMYA THAKUR	BA I st year	Savmya
77)	ANCHAL SHARMA	BA I st year	Anchal
78)	NAVYA THAKUR	BA I st year	Navya
79)	ANKITA RATHORE	BA I st year	Ankita
80)	POOJA	BA I st year	Pooja


Convenor
Women Cell & Gender Champion Club

25/02/2015
Principal
St. Bede's Col
Shimla