



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 Among College Students”

On December 11, 2024, the Women Cell and Gender Champion Club of St. Bede's College held a workshop on “Promoting Intergenerational Bonding Among College Students” sponsored by the ‘National Institution of Social Defence’. The Resource Persons for the event were Ms. Jyoti Rana, ADM Shimla, Government of Himachal Pradesh, and Ms. Pratiksha Tomar, Assistant Professor, Department of Psychology, St. Bede's College.

Objective: The workshop aimed to foster among students the values of respect of empathy through intergenerational interactions. This was done to narrow down the widening gap between different generations and minimise the negative effect of it.

Description: The first resource person, Ms. Pratiksha, started by acquainting the students with the basic foundations of intergenerational bonds. She threw light upon the various forms of generations, which included generations like the silent generation, baby boomers, Generation X, Millennials and Generation Z. The widening gap between the different generations, the reasons behind it and its effect on the general population were discussed in detail by her. Ma'am also suggested some activities like gardening, storytelling, cooking, etc, to strengthen the intergenerational bond and reduce the feeling of isolation. The insights shared by her were followed by a fun game activity and an open mic competition in which students showed activities participation and depicted the theme through poetry, storytelling and singing performance. The winners of the competition were -

1st position - Aastha Nresht

2nd position - Priyana Larzoo

A heart-touching musical play was also performed by the students that portrayed the evolving relationship between a mother and her daughter as they navigated the challenges of generational differences. Next, Ms. Jyoti Rana expressed her views by sharing her own life experiences to promote understanding and appreciation of the values of different generations. She emphasised the importance of building strong connections with one's family members to strengthen communication in today's fast-paced world.

Outcome: The workshop fostered respect and empathy among students and made the value the importance of intergenerational interactions. The students were happy to engage in activities that gave them the chance to understand and value the older generations. The workshop successfully achieved its objective of creating a platform for dialogue and connection between generations.



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. Jyoti Rana
ADM Shimla
Government of Himachal Pradesh


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

DATE: DECEMBER 11, 2024
TIME: 9:30 AM ONWARDS
VENUE : AUDITORIUM

Brochure



Workshop on "Promoting Intergenerational Bonding Among College Students" (December 11, 2024)



Workshop on “Promoting Intergenerational Bonding Among College Students” (December 11, 2024)



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

ATTENDANCE SHEET

Activity: "Promoting Intergenerational Bonding With College Students"
Date: December 11, 2024

Organising Unit: Women Cell & Gender Champion Club

Sr. No.	Name of the Student	Class	Signature
1)	IRITY - SHARMA	BA(B) 1st Year	IRITY
2)	DURGESH	BCA 1st Year	Durgesh
3)	NIKITA THAKUR	BA (ECON) 1st Year	Nikita
4)	SHREYA THAKUR	BA Engg (H) 1st Year	Shreya
5)	PARUL MEHTA	BA (ECON) 1st Year	Parul
6)	Shreya Thakur	BA (ECON) 1st Year	Shreya
7)	DEVANGI SHARMA	BA (Eco) 2nd Year	Devangi
8)	ANUSHKA KAINTALA	BA (Eco) 2nd Year	Anushka
9)	MISHA THAPA	BA (Eco) 2nd Year	Misha
10)	POONAMI BHANDRA	BA (Eco) 2nd Year	Poonami
11)	DINYA VERNONICA BAGE	BA (Eco) 2nd Year	Dinya
12)	SAHARA SHARMA	BA (ECON) 2nd Year	Sahara
13)	ROZALI THAPA	BA Engg 3rd Year	Rozali
14)	VIDUSHI GAVR	BA Engg 3rd Year	Vidushi
15)	MARSHETA THAKUR	BA Engg 3rd Year	Marsheta
16)	SARTA SHARMA	BA Engg 3rd Year	Sarta
17)	JAHNAVI WALI	BA Engg (H) 3rd Year	Jahnavi
18)	SAKSHI SHARMA	BA Engg 3rd Year	Sakshi

11/12/2024
Principal
St. Bede's College
Shimla



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

19)	SRIJAL SHARMA	BA 4 year	3
20)	JYOTIKA CHANDEL	Eng H II	Chandell
21)	MEHVIJSH SAUHTA	Eng Hous III	meht
22)	NEEMARINA P. CHADWAN	Eng Hous III	Chadwan
23)	A. TANNOOR AUCHEK	BA III	Auccek
24)	ASHNA MITTAL	Eng Hous III	Mittal
25)	NAVDHA MEHTA	BSC MED I	meht
26)	PEHAL VERMA	II	Verma
27)	ANALIYA SISODIA	II	Sisodia
28)	VANSHIKA CHANDEL	II	chanDEL
29)	Shreya Soni	II	Soni
30)	PRITIYU RASPUT	BSC MED I	Rasput
31)	JANVI CHAUHAN	BA 4 year	Janvi
32)	SHARANAM THAKUR	BA 4 year	thakur
33)	SHRUTI BHARAWAT	BA 4 year	Shruti
34)	ARNTIMA SHARMA	BA 2 nd year	Arntima
35)	HARSHITA JASSAL	BCO (H)	
36)	AASTHA GROVER	BA 2 nd year	Aastha
37)	KRITIKA SHANDIL	BA 3 year	Kritika
38)	YASHIKA	BA 3 year	Yashika
39)	Mehak	BA 2 nd year	Mehak
40)	SHIVI	..	Shivi

11/12/14
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Women Cell & Gender Champion Club
St. Bede's College, Shimla

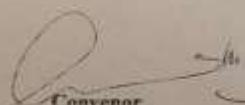
41)	SHATAKSHI KAWAT	Student Name :-	Shatakshi
42)	SRIJAN SINGH	BA-I	Srijan
43)	SAKSHI RANA	BA-I	Sakshi
44)	NIHARIKA SHARMA	BBA-I	Niharika
45)	SNEHA VERMA	BBA-I	Sneha
46)	NAVYA BHARDWAJ	BBA-I	Navya
47)	ARSHITA GUPTA	BBA-I	Arshita
48)	ANANYA KHODA	BSC-II ^{TY}	Ananya
49)	RESHMA MINT	BSC-II ^{TY}	Reshma
50)	PAYAL MEHTA	BS-III ^{TY}	Payal
51)	SHREYA SHARMA	BSC-III ^{TY}	Shreya
52)	ADITI SHARMA	BSC-III ^{TY}	Aditi
53)	SUNDHITI SHARMA	BSC-III ^{TY}	Sundhiti
54)	OSHEENI PAUL	BA-I ^{TY}	Osheeni
55)	LUVINA DABRA	BSC-III ^{TY}	Luvina
56)	AARTI	BSC-III ^{TY}	Aarti
57)	REVA SHARMA	BA-I ENG HONS	Reva Sh.
58)	MUSKAN CHANDEL	BA-II	Muskhan
59)	NEERAJ CHAUHAN	BA-III	Neeraj
60)	NEETIKA CHAUHAN	ENG HONS	Neetika
61)	KUSUM THAKUR	BOTANIC HONOR	Kusum
62)	Neetu Upadhyaya	BA-PHYSIOLOGY	Neetu

Model
11/10/24
Principal
St. Bede's College
Shimla



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St. Bede's College, Shimla

63)	Jahita Shukla	B. Ed. III	Jahita
64)	Tanya Chauhan	B. Ed. III	Tanya
65)	Ritwika Sharma	II	Ritwika
66)	Bhavika Sharma	II	Bhavika
67)	Divya Umiyal	Eco Hostel	Divya
68)	Yasho Rayashree	ENG HONS I	Yasho
69)	Tulika Sharma	ENGLISH	Tulika
70)	Pranjal Sharma	Eng Hostel	Pranjal
71)	Pragya Laraw	BA IT 2nd year	Pragya
72)	Usha Rawal	BA English	Usha
73)	Smriti Sharma	BA Eng Hostel 3rd year	Smriti
74)	Dnyaneshi	BA English 3rd year	Dnyaneshi
75)	Marsita Thakur	BA ENGLISH HONS II	Marsita
76)	Swastika Mehta	BA English 2nd year	Swastika
77)	Himanshi Prashar	BA Eng II	Himanshi
78)	Nimra Thakur	BA IT 2nd year	Nimra
79)	Meenakshi Mehtal	BA English	Meenakshi
80)	Saibal Sharma	Arts programme	Saibal


Convenor
Women Cell & Gender Champion Club

16/10/2013
Principal
St. Bede's College
Shimla