



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)	VRITY - SHARMA	B.A. Eng. H. I	Vrity
2)	BURGESH	B.A. 1st Year	Burgesh
3)	NIKITA THAKUR	BA ENG H. III	Nikita
4)	SHREYA THAKUR	B.A. Eng. H. III	Shreya
5)	PARUL MEHTA	B.A. Eng. H. III	Parul
6)	Shruti Thakur	B.A. Eng. H. III	Shruti
7)	DEVANGI SHARMA	B.A. Eng. H. III	Devangi
8)	ANUSHKA KAINTHLA	B.A. Eng. H. III	Anushka
9)	MISHA THAPA	B.A. Eng. H. III	Misha
10)	POONAM BHENGRA	B.A. Eng. H. III	Poonam
11)	DIVYA VERONICA BAGE	B.A. Eng. H. III	Divya
12)	SAHAJRA SHARMA	B.A. Eng. H. III	Sahajra
13)	ROZALI THAPA	B.A. Eng. H. III	Rozali
14)	VIDUSHI GAUR	B.A. Eng. H. III	Vidushi
15)	HARSHITA THAKUR	B.A. Eng. H. III	Harshita
16)	SARITA SHARMA	B.A. Eng. H. III	Sarita
17)	JAHNAVI WALI	B.A. Eng. H. III	Jahnavi
18)	SAKSHI SHARMA	B.A. Eng. H. III	Sakshi

11/12/24
Principal
St. Bede's College
Shimla



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

19)	SRITAJ SHARMA	B.A. 1 st year	Shritaj
20)	KRITIKA CHANDEL	Engg II	Kritika
21)	MEHVISH SAUHTA	Engg II	Mehvish
22)	NIMRITKA P. LINDHAN	B.Sc. 1 st year	Nimritka
23)	DIANOR AULAKH	BA III	Dianor
24)	ABHINA MITTAL	B.Sc. 1 st year	Abhina
25)	NANDNA MEHTA	B.Sc. Med. I	Nandna
26)	PEHAL VERMA	"	Pehal
27)	ANANIYA SISOJA	"	Ananiya
28)	VANSHIKA CHANDEL	"	Vanshika
29)	Shreya Samrat	"	Shreya
30)	PRITHVI RASPUT	B.Sc. Med. I	Prithvi
31)	JANVI CHAUDHAN	BA II nd year	Janvi
32)	SHARMAH THAKUR	BA II nd year	Sharma
33)	SHRUTI BHARWAT	BA II nd year	Shruti
34)	ARNITMA SHARMA	BA 2 nd year	Arnitma
35)	HARSHITA JASSAL	BA 2 nd year	Harshita
36)	RASTHA GROVER	BA 2 nd year	Rastha
37)	KRITIKA SHANDIL	BA 3 rd year	Kritika
38)	VASHIKA	BA 3 rd year	Vashika
39)	Mehak	BA 3 rd year	Mehak
40)	STUT	"	Stut

11/12/24
Principal
St. Bede's College



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

41)	SHATAKSHI RAWAT	Bachelor Hons II	Shataakshi
42)	SRIJAN SINGHA	BA I	Sri-Jan
43)	SAKSHI RANA	BA I	Sakshi
44)	NIHARIKA SHARMA	BBA I	Niharika
45)	SNEHA VERMA	BBA I	Sneha
46)	NAVYA BHARDWAS	BBA I	Navya
47)	ARSHITA GOSWAMI	BBA I	Arshita
48)	ANANYA KHODNO	BSC II	Ananya
49)	RESHMA MINT	BSC II	Reshma
50)	PAYAL MEHTA	BSC II	Payal
51)	SHREYA SHARMA	BSC II	Shreya
52)	ADITI SHARMA	BSC II	Aditi
53)	SUNITHI SHARMA	BSC II	Suniti
54)	OSHEEN PAUL	BBA I	Osheen
55)	LUVINA KOBRA	BSC II	Luvina
56)	AARTI	BSC II	Aarti
57)	RIYA SHARMA	BA I ENG HONS	Riya
58)	MUKAN CHANDL	BBA I	Mukan
59)	USHAKSHI	BA I	Ushakshi
60)	ARSHITA CHAUDHARY	BBA I	Arshita
61)	KULDEEP THAKUR	BBA I	Kuldeep
62)	NANGA UPADHYAYA	BBA I	Nanga

Principal
St. Bede's College
Shimla



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

63)	Ishita Shukla	B. Com III	Ishita
64)	Janya Chauhan	B. Com III	Janya
65)	Ritika Sharma	II	Ritika
66)	Bhruvika Sharma	II	Bhruvika
67)	DIVYA VINIYAL	Eng Hons II	Divya
68)	YASHO RAJYASHREE	ENG HONS I	Yasho
69)	Idhika Sharma	ENG HONS	Idhika
70)	PRANJAL SHARMA	Eng Hons II	Pranjali
71)	Priyansu Larzon	BA II year	Priyansu
72)	Rishika Rawal	BA II year	Rishika
73)	SMRITI SHARMA	BA Eng Hons III year	Smriti
74)	Divyanshi	BA Eng Hons III year	Divyanshi
75)	HARSHITA THAKUR	BA ENG HONS III	Harshita
76)	SANDEEPA MITTA	BA Eng Hons III	Sandeepa
77)	Himanshi Prashar	BA Eng Hons III	Himanshi
78)	Alina Thakur	BA II year	Alina
79)	Medhani Naniyal	BA II year	Medhani
80)	Saizal Sharma	BA II year	Saizal


Convenor
Women Cell & Gender Champion Club


16/10/21
Principal
St. Bede's College
Shimla