



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 February 19, 2025, St. Bede's College in Shimla hosted a workshop organised by the Women Cell and Gender Champion Club on intergenerational bonding. The resource persons for the day were Dr. Shonali Sud, Retd. Associate Professor and Head, Department of Psychology, St. Bede's College, Shimla and Ms. Pankhudi Bhatnagar, Assistant Professor at University of Legal Studies Chaura Maidan, Shimla.

Objective: The workshops aimed to foster understanding and appreciation between generations by exploring intergenerational relationship dynamics, psychological insights, and the evolution of values and communication. Activities focused on encouraging gratitude, empathy, teamwork, and enhanced social skills, bridging generational experiences. Ultimately, the goal was to inspire lifelong learning, self-reflection, and personal growth through interactive and engaging methods like discussions, storytelling, and games.

Description: The workshop commenced with a warm welcome to the first resource person of the day, Dr. Shonali Sud, who joined virtually. She engaged with the students on the topic of intergenerational bonding, illustrating her insights with examples from renowned psychologists. Additionally, she provided a comparative analysis between her time and the present, highlighting the evolving dynamics of relationships across generations. She also shared some practical psychological analyses, helping students connect theoretical concepts with real-world applications. Concluding her session, she motivated the students, wished them good luck for the future, and emphasized that the sky is the limit. Her insights added a valuable psychological perspective to the workshop.

The second resource person Ms. Pankhudi Bhatnagar, commenced her session on a positive note, setting an engaging and encouraging atmosphere for the students. She used a PowerPoint presentation to visually support her discussion, making complex ideas more accessible and engaging. Drawing from her own childhood experiences, she provided real-life examples that helped students relate to the evolving nature of intergenerational relationships.

She emphasized the importance of practising gratitude and love, encouraging students to develop a positive mindset and appreciate the bonds they share with different generations. To make the session more interactive, she incorporated games designed to highlight generational evolution. These activities focused on fostering team spirit, identifying commonalities between different age groups, and understanding the shifts in values and traditions over time.

Her session was both insightful and engaging, leaving students with a deeper appreciation for intergenerational connections and the significance of empathy and understanding in building strong relationships across ages.



After the sessions, a special montage created by college students was played, highlighting the theme of generational bonding. The video featured students engaging in heartfelt conversations with their grandparents and parents, sharing experiences, memories, and the deep bonds they cherish. Through these interactions, the montage beautifully captured the essence of intergenerational relationships, emphasizing the importance of love, respect, and understanding between different age groups. The presentation served as a touching conclusion to the workshop, reinforcing the key messages conveyed by the resource persons.

Outcome: The workshop successfully provided students with a deeper understanding of intergenerational bonding, emphasizing the significance of communication, mutual respect, and shared experiences. Through engaging discussions and real-life examples, students were able to connect psychological concepts with practical applications, gaining valuable insights into the evolving relationships between different generations. Activities promoting gratitude, love, and empathy encouraged students to reflect on their relationships with their elders, fostering emotional growth and stronger familial connections. Interactive games further enhanced teamwork and collaboration, highlighting common values across generations. The student-created montage served as a powerful expression of these themes, reinforcing the importance of preserving family traditions and wisdom. Overall, the workshop left a lasting impact, inspiring students to appreciate and nurture meaningful relationships with their parents, grandparents, and the generations to come.



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)

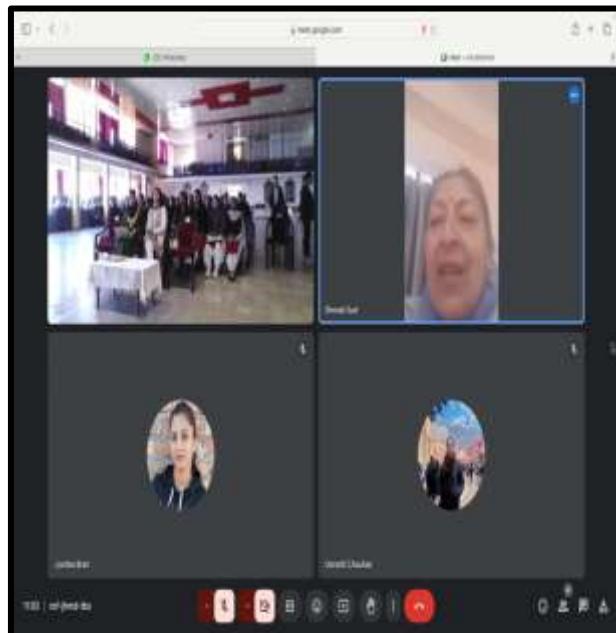
RESOURCE PERSONS

Dr. Bhawali Sud
Associate Professor & Head (Retd.)
Department of Psychology
St. Bede's College, Shimla

Ms. Pankhuri Bhattacharya
Assistant Professor (Guest)
University Institute of Legal Studies
Chaura Maidan, Shimla

DATE: FEBRUARY 19, 2025
TIME: 9:30 AM ONWARDS
VENUE: AUDITORIUM



Brochure



Workshop on "Promoting Intergenerational Bonding With College Students (February 19, 2025)



Workshop on "Promoting Intergenerational Bonding With College Students (February 19, 2025)



सेंट बीड़स कालेज में तनाव कम करने के बताए तरीके

शिमला। सेंट बीड़स कालेज की महिला प्रकोष्ठ और लिंग चैंपियन समिति द्वारा बुधवार को कालेज के छात्राओं के साथ अंतर्जननपदीय संबंध को बढ़ावा देने पर एक कार्यशाला का आयोजन किया गया। कार्यशाला में मुख्य विशेषज्ञों में डॉ. शोनाली सूद और पानखुरी भट्टनागर मौजूद रहीं। प्रसिद्ध मनोवैज्ञानिक डॉ. शोनाली सूद ने पीढ़ीगत मतभेदों, जीवन लक्ष्यों और तनाव प्रबंधन पर एक आभासी व्याख्यान दिया। उन्होंने पीढ़ीयों में आत्म-मूल्य और प्रेम पोषण के महत्व पर भी जोर दिया। सत्र ने प्रभावी रूप से संयुक्त, सीखने और बातचीत को बढ़ावा दिया गया।

सेंट बीड़स कॉलेज में कार्यशाला का आयोजन

शिमला। सेंट बीड़स गल्स कॉलेज में बुधवार को कॉलेज के महिला प्रकोष्ठ और जेंडर चैंपियन समिति ने अंतर पीढ़ीगत बंधन विषय पर कार्यशाला का आयोजन किया। इसमें अलग-अलग पीढ़ीयों में संबंधों को और गहरा तथा मधुर बनाने को लेकर छात्राओं को जागरूक किया। कार्यशाला में कॉलेज की शिक्षिका डॉ. सोनाली सूद और एचपीयू के यूआईएलएस संस्थान की शिक्षिका पांखुड़ी भट्टनागर ने बतौर मुख्य वक्ता शिरकत की। डॉ. सोनाली सूद ने पीढ़ीगत मतभेदों, जीवन लक्ष्यों और तनाव प्रबंधन पर व्याख्यान दिया। व्यूरा

Media Coverage



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

ATTENDANCE SHEET

Activity: "Promoting Intergenerational Bonding With College Students"

Date: February 19, 2025

Organising Unit: Women Cell & Gender Champion Club

Sr. No.	Name of the Student	Class	Signature
1)	ANKANKSHA	D.E.I.E.D 1st	Ankanksha
2)	AANCHAL SHARMA	D.E.I.E.D 2nd year	Aanchal Sharma
3)	ANANIKA	D.E.I.E.D 3rd year	Ananika
4)	SHWETA KUMARI	D.E.I.E.D 3rd year	Shweta
5)	RITIKA KUMARI	D.E.C.E.D 2nd year	Ritika
6)	Chanchla Devi	D.E.V.E.D 2nd year	Chanchla
7)	MINAKSHI	2nd year	Minakshi
8)	RAJINI	D.E.I.E.D 2nd year	Rajini
9)	DEEPIKA	D.E.I.E.D 3rd	Deeptika
10)	Taruna Khaton	D.E.I.E.D 2nd	Taruna
11)	NEHA SHARMA	D.E.I.E.D 3rd	Neha
12)	Anshika	D.E.I.E.D 3rd	Anshika
13)	SUMERA	D.E.I.E.D 2nd	Sumera
14)	MITALI KUNDUR	D.E.I.E.D 2nd	Mitali
15)	Kajal Tiwari	D.E.I.E.D 1 year	Kajal
16)	JAKSHI TIWARI	D.E.I.E.D 1 year	Jakshi
17)	Kashish Tiwari	D.E.I.E.D 1 year	Kashish
18).	Parineesha Tiwari	D.E.I.E.D 1 year	Parineesha

Mollym
19/02/25
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St. Bede's Coll.

Attendance Sheet



Women Cell & Gender Champion Club
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19)	Kiran Sharma	D.El.Ed.Ist	Priya Sharma
20)	SAHAR BHARDWAJ	D.L.Ed.Ist	Sahar
21)	KAIVIKA SHARMA	D.El.Ed.Ist	kaivika
22)	RITIKA THAKUR	D.E.I.Ed.Ist	Ritika
23)	SHEETAL VERMA	D.E.I.Ed.Ist	Sheetal
24)	DEEPSHIKA SHARMA	D.El.Ed.Ist	Deepti
25)	SONAM	D.El.Ed.Ist	sonam
26)	CHAITALI THAKUR	D.E.I.Ed.Ist	chaitali
27)	OSHIN VERMA	D.E.I.Ed.Ist	Oshin
28)	DEEPTITHAKUR	D.E.I.Ed.Ist	Deepti
29)	VANDNA	D.C.Ed.Ist	Vandna
30)	Muskan Thakur	D.El.Ed.Ist	Muskan Thakur
31)	AKSHIKA	D.E.I.Ed.Ist	Akshika
32)	KRITI	D.E.I.Ed.Ist	Kriti
33)	PRIYANKA NEGI	D.E.I.Ed.Ist	Priyanka
34)	Harsikha	D.E.I.Ed.Ist	Harsikha
35)	DEEPTIKA	D.E.I.Ed.Ist	Deepti
36)	PALLVI	D.E.I.Ed.Ist	Pallvi
37)	SHREYA	D.E.I.Ed.Ist	Shreya
38)	ANSHUTA VERMA	D.E.I.Ed.Ist	Anshuta
39)	PRANJAL	D.E.I.Ed.Ist	Pranjal
40)	Nayantika Negi	D.E.I.Ed.Ist	Nayantika

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Attendance Sheet



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St. Bede's College, Shimla

41)	AAKRITI FALAIK	D.ELE 1 st	<i>Shafiq</i>
42)	INDREA	D.ELE 1 st	<i>Indrea</i>
43)	PARUL	D.ELE 1 st	<i>Parul</i>
44)	RIDHI	"	<i>Ridhi</i>
45)	PALAK	D.ELE 1 st	<i>Palak</i>
46)	REJUL	D.ELE 1 st	<i>Rejul</i>
47)	JAGRITY	D.ELE 1 st	<i>Jagrity</i>
48)	ANJALI SHARMA	D.ELE 1 st	<i>Anjali</i>
49)	GUJNJAN SHARMA	D.ELE 1 st	<i>Gujnjan</i>
50)	SANIA	D.ELE 1 st	<i>Sania</i>
51)	ADITI	D.ELE 1 st	<i>Aditi</i>
52)	ANUVA	B. 2 nd Ed, 1 st	<i>Anuva</i>
53)	ISHITA THAKUR	B.COM 1 st year III rd year	<i>Ishita</i>
54)	MEHAK CHANDEL	D.ELE 1 st	<i>Mehak</i>
55)	RIYA SHARMA	"	<i>Riya</i>
56)	Shreya Thakur	"	<i>Shreya</i>
57)	JANVET	B.Ed. 1 st III rd year	<i>Janveta</i>
58)	Amita Mehta	"	<i>Amita</i>
59)	JAHNAVI SISODIA	"	<i>Jahnavi</i>
60)	PRIYAA MEHTA	"	<i>Priyaa</i>
61)	NIHA SHARMA	D.ELE 1 st III rd year	<i>Niha</i>
62)	ARPITA	D.ELE 1 st	<i>Arpita</i>

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Attendance Sheet



Women Cell & Gender Champion Club

St. Bede's College, Shimla

63)	Muketa Thakur	8.30- 11.30 AM	<i>✓</i>
64)	ARUSU SHARMA	11.30- 1.30 PM	<i>✓</i>
65)	NAINA VERMA	1.30- 3.30 PM	<i>(Naini)</i>
66)	Divyanshu Gupta	3.30- 5.30 PM	<i>Divyanshu Gupta</i>
67)	VRITIY SHARMA	5.30- 7.30 PM	<i>Vriti Sharma</i>
68)	Abni Sharma	7.30- 9.30 PM	<i>Abni</i>
69)	Singodha Thakur	9.30- 11.30 PM	<i>Singodha</i>
70)	ANCHAL CHAUHAN	11.30- 1.30 AM	<i>ANCHAL</i>
71)	SHREYA THAKUR	1.30- 3.30 AM	<i>Shreya</i>
72)	VANSHIKA	3.30- 5.30 AM	<i>Vanshika</i>
73)	POOJA	5.30- 7.30 AM	<i>Pooja</i>
74)	NIKITA SHARMA	7.30- 9.30 AM	<i>Nikita Sharma</i>
75)	SANIA KUMARI	9.30- 11.30 AM	<i>Sania</i>
76)	ANGELINA	11.30- 1.30 PM	<i>Angelina</i>
77)	ANCHAL SHARMA	1.30- 3.30 PM	<i>ANCHAL</i>
78)	CHROOTI	3.30- 5.30 PM	<i>Chrooti</i>
79)	ADITI JHINJHITA	5.30- 7.30 PM	<i>Aditi Jhunjhuta</i>
80)	MANIKA	7.30- 9.30 PM	<i>Manika</i>


Convener
Women Cell & Gender Champion Club


19/01/2020
Principal
St. Bede's College
Shimla

Attendance Sheet