



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.

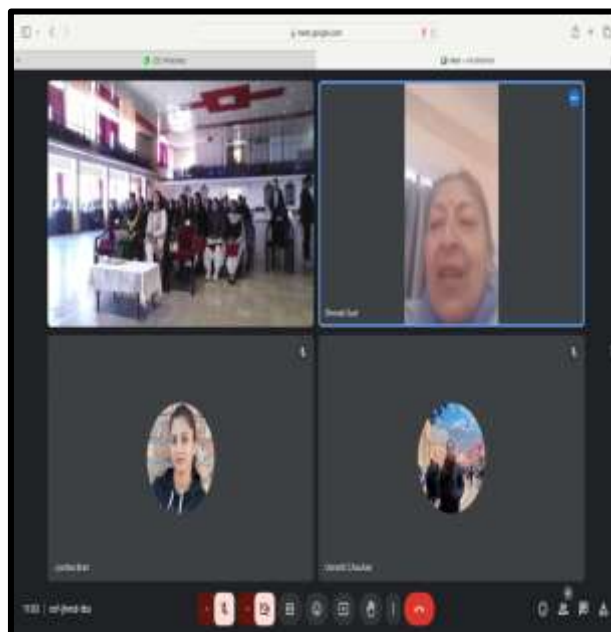
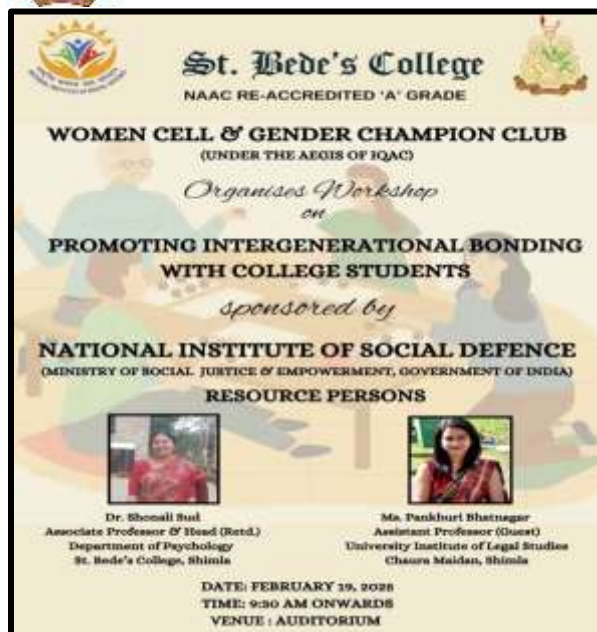
She emphasized the importance of practising gratitude and love, encouraging students to develop a positive mindset and appreciate the bonds they share with different generations. To make the session more interactive, she incorporated games designed to highlight generational evolution. These activities 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.



Brochure



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



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सेंट बीड्स कॉलेज में तनाव कम करने के बताए तरीके

शिमला। सेंट बीड्स कॉलेज की महिला प्रकोष्ठ और लिंग चैंपियन समिति द्वारा बुधवार को कॉलेज के छात्राओं के साथ अंतर्जनपदीय संबंध को बढ़ावा देने पर एक कार्यशाला का आयोजन किया गया। कार्यशाला में मुख्य विशेषज्ञों में डा. शोनाली सूद और पानखुरी भट्टनागर मौजूद रही। प्रसिद्ध मनोवैज्ञानिक डा. शोनाली सूद ने पीढ़ीगत मतभेदों, जीवन लक्ष्यों और तनाव प्रबंधन पर एक आभासी व्याख्यान दिया। उन्होंने पीढ़ियों 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 बीड्स कॉलेज में कार्यशाला का आयोजन

शिमला। सेंट बीड्स गर्ल्स 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 पीढ़ियों 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। व्यूरो

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.ELED 1st	Ankanksha
2)	ARACHAL SHARMA	D.ELED 2nd year	Arachal Sharma
3)	ANANIKA	D.ELED 2nd year	Ananika
4)	SHWETA KUMAR	D.ELED 2nd year	Shweta
5)	RITIKA KUMARI	D.ELED 2nd year	Ritika
6)	Chanchla Devi	D.ELED 2nd year	Ch
7)	MINAKSHI	2nd year	minakshi
8)	RAJNI	D.ELED 2nd	Rajni
9)	DEEPIKA	D.ELED 2nd	Deepika
10)	Taruna Khatoon	D.ELED 2nd	Taruna
11)	NEHA SHARMA	D.ELED 2nd	Neha
12)	Anshika	D.ELED 2nd	Anshika
13)	SUMERA	D.ELED 2nd	Sumera
14)	MITALI PUNDIR	D.ELED 2nd	Mitali
15)	Kajal Thakur	D.ELED 1st	Kajal
16)	SAKSHI MAITU	D.ELED 1st	Sakshi
17)	Kashish Thakur	D.ELED 1st	Kashish
18)	Pratibha Thakur	D.ELED 1st	Pratibha

Mollym
19/02/25
Principal
St. Bede's College

Attendance Sheet



Women Cell & Gender Champion Club

St. Bede's College, Shimla

19)	KIRAN SHARMA	D.El.Ed Ist	Priya Sharma
20)	SAHAR BHARDWAJ	D.El.Ed Ist	Sahar
21)	KANVIKA SHARMA	D.El.Ed Ist	Kanika
22)	RITIKA THAKUR	D.El.Ed Ist	Ritika
23)	SHEETAL VERMA	D.El.Ed Ist	Sheetal
24)	DEEPTHIKA SHARMA	D.El.Ed Ist	Deeptika
25)	SONAM	D.El.Ed Ist	Sonam
26)	CHAITALI THAKUR	D.El.Ed Ist	Chaitali
27)	OSHIN VERMA	D.El.Ed Ist	Oshin
28)	DEEPTI THAKUR	D.El.Ed Ist	Deepti
29)	VANDANA	D.El.Ed Ist	Vandana
30)	Muskan Thakur	D.El.Ed Ist	Muskan Thakur
31)	AKSHIKA	D.El.Ed Ist	Akshika
32)	KRITI	D.El.Ed Ist	Kriti
33)	PRITANKA NEGI	D.El.Ed Ist	Pritanka
34)	HARSHIKA	D.El.Ed Ist	Harshika
35)	DEEPTIKA	D.El.Ed Ist	Deeptika
36)	PALLVI	D.El.Ed Ist	Pallvi
37)	SHREYA	D.El.Ed Ist	Shreya
38)	ANSHITA VERMA	D.El.Ed Ist	Anshita
39)	PRANJAL	D.El.Ed Ist	Pranjali
40)	NAVATI NEGI	D.El.Ed Ist	Navati

19/02/25
Principal
St. Bede's College
Shimla

Attendance Sheet



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

41)	AAKRITI FALAJK	DEL ED 1st	Aakriti
42)	INDIRA	DEL ED 1st	Indira
43)	PARUL	D. ELED 1st	Parul
44)	RIDHI	"	Ridhi
45)	PALAK	D. ELED 1st	Palak
46)	REJUL	D. ELED 1st	Rejul
47)	JAGRITY	DEL ED 1st	Jagrity
48)	ANJALI SHARMA	DEL ED 1st	Anjali
49)	GUNJAN SHARMA	D. ELED 1st	Gunjan
50)	SANIA	D. ELED 1st	Sania
51)	ADITI	DEL ED 1st	Aditi
52)	ANUVA	B. Ed. Ed 1st	Anuva
53)	ISHITA THAKUR	B. COM HONS III rd year	Ishita
54)	MEHAK CHUNDL	DEL ED 1st	Mehak
55)	REXA SHARMA	"	Rexa
56)	Shreya Thakur	"	Shreya
57)	JANVEE	B. Ed. Ed 1st	Janvee
58)	Ashmita Mehta	"	Ashmita
59)	JAHNAVI SISODIA	"	Jahnavi
60)	PRIYA MEHTA	"	Priya
61)	NIHA SHARMA	P. Ed. Ed 1st	Niha
62)	ARPITA	B. Ed. Ed 1st	Arpita

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19/02/25
Principal
St. Bede's College
SHIMLA

Attendance Sheet



Women Cell & Gender Champion Club

St. Bede's College, Shimla

63)	Niketa Thakur	19/01/20	
64)	AARUSHI SHARMA	19/01/20	
65)	NAINA VERMA	19/01/20	
66)	Prinda Gupta	19/01/20	
67)	VRITY SHARMA	19/01/20	
68)	Abni Sharma	19/01/20	
69)	Snigdha Thakur	19/01/20	
70)	ANCHAL DHANAN	19/01/20	
71)	SHREYA THAKUR	19/01/20	
72)	VANSHIKA	19/01/20	
73)	POOJA	19/01/20	
74)	NIKITA SHARMA	19/01/20	
75)	SANIA KUMARI	19/01/20	
76)	ANGELINA	19/01/20	
77)	ANCHAL SHARMA	19/01/20	
78)	SHROUTI	19/01/20	
79)	ADITI JHINGRA	19/01/20	
80)	MANIKA	19/01/20	

Convenor
Women Cell & Gender Champion Club

19/01/20
Principal
St. Bede's College
Shimla

Attendance Sheet