



REPORT of workshop on

“Promoting Intergenerational Bonding”

**on Thursday, 11 October 2018 at Govt. Boy's Senior Sec. School (GBSSS),
Hauz Rani, Malviya Nagar, New Delhi- 110017**



organised By

**All India Women's Education Fund Association
(AIWEFA)**

workshop supported By

**National Institute of Social Defence (NISD)
(Ministry of Social Justice & Empowerment)**



GBSSS
School ID: 1923021

Workshop on “Promoting Intergenerational Bonding”

Govt. Boy's Senior Sec. School (GBSSS),

Hauz Rani, Malviya Nagar, New Delhi

Thursday 11 October 2018 (01:00 p.m. to 04:00 p.m)

The banner is dark blue with white and yellow text. It features logos for NISD, AIWEFA, and GBSSS at the top. The main title is in large yellow letters. Below it, the supporting and organizing bodies are listed in white. At the bottom, the school name and the date/time are provided in white.

ONE DAY WORKSHOP FOR
“PROMOTING INTERGENERATIONAL BONDING”

Supported by
National Institute of Social Defence (NISD)
(Ministry of Social Justice & Empowerment)

Organised by
All India Women's Education Fund Association (AIWEFA)

Govt. Boy's Senior Sec. School (GBSSS)
(Hauz Rani, Near Malviya Nagar, New Delhi)

Thursday, 11 October 2018
01:00 p.m. to 04:00 p.m.

Supported by

National Institute of Social Defence
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A REPORT

BACKGROUND NOTE:

Owing to AIWEFA's close association as Trust Body of Lady Irwin College and experience in conducting workshops for students and faculty on subjects like "Cyber Security", "Prevention of Drug Abuse" etc. in about 40 colleges of the University of Delhi, Indraprastha University and others, AIWEFA discovered a growing gap in the outlook of the different generations, leading to conflict situations. Owing to contemporary changing family settings, social structures and processes and socio cultural factors, there has been a growing gap between the generations in attitudes, prejudice, beliefs and values. This has sometimes given way to antisocial behavior, violence and aggression towards individuals and groups.

There is, therefore, an urgent need to understand the dynamics of change in the community and sensitize the generations to maintain elements of community organization, harmony, peace and ethical behavior for the development of a happy, healthy and sustainable society.

Students as they grow up are in the process of forming social self, self concept, self esteem and identity while peers, family, society, community and others seek to control, discipline, and persuade them to conform in their own vision. Group dynamics breakdown leads to erratic behavioral patterns. For this purpose, All India Women's Education Fund Association (AIWEFA) with support from the National Institute of Social Defence, Ministry of Social Justice & Empowerment is organizing workshops for school and college students to bring about transformational behavior between the different generations (two or three). Particular attention is given to include students from National Service Scheme (NSS) and National Cadet Corps (NCC).



Estd.1929



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ABOUT AIWEFA

All India Women's Education Fund Association ie AIWEFA was founded in 1929 under the leadership of Mahatma Gandhi and vibrant women stalwarts of the freedom movement like Sarojini Naidu, Rajkumari Amrit Kaur, Aruna Asaf Ali, Kamaladevi Chattopadhyay, Annie Besant among others for empowering women.

Education was recognised as the catalytic agent for social change, and in 1932, AIWEFA founded the Home Science College, Lady Irwin College, New Delhi to bring a scientific temper in women's education. For the last almost nine decades, AIWEFA's programmes in rural and urban areas have been implemented to promote holistic and sustainable development for welfare of communities.

Activities promote education and training of women for family and child care, environmental sustainability, health and nutrition, development of rural families through introduction of drudgery reducing equipments for agricultural management, women's skill development, women's political representation, and programmes to fight violence against women.

Combining academic strength with sound implementation and training strategies, AIWEFA campaigns and mobilises through its field projects, seminars, workshops, publications and networking, to bring about a sustainable approach to human development and advancement of the weaker sections. Partners include NGOs (India Alliance for Child Rights, Sulabh International), government (Department of Science & Technology, MNRE, Delhi State, NISD) public sector (GAIL), corporate (NIIT), and bilateral agencies (UNESCO, FAO, Ford Foundation, UN Women, UNICEF, UNIFEM etc.). In 1999, AIWEFA was granted the "NGO in Special Consultative Status with the Economic and Social Council of the United Nations (ECOSOC)". In 2003, AIWEFA accepted the role of Regional Coordinator of the UN's Informal Regional Network of NGOs (NGO IRENE).

AIWEFA in association with Maruti Suzuki India Ltd. (MSIL) has skilled 400 underprivileged women from Delhi/NCR in safe car driving. In association with UNESCO organised a conference on the "Transition of Women from Education to full Employment." With Delhi Police, AIWEFA trained 150 women in self defence techniques. On the call of Hon'ble Prime Minister, AIWEFA has initiated the Swachh Campaign. For the last 15 years AIWEFA presents the "AIWEFA- Nina Sibal Memorial Award" annually to an organisation working in the area of disabilities. AIWEFA also launched the programme for conducting 100 Cyber Security Workshops" in Delhi/NCR colleges.

"A World We Women Want (AW4)" programme and the Global South website "A World We Women Want #AW4: Economic Empowerment" were launched in 2016 & 2017 to capture sound SDG implementation practices and strategies from Africa, Asia, and Asia Pacific and SAARC countries to achieve the UN's Sustainable Development Goals(SDGs) at national stakeholders consultations , as well as internationally at the "60th & 61st



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Sessions of the Commission on Status of Women” (CSW60 & CSW61) at UN headquarters, New York. Compendiums were also released at both the events.

AIWEFA completed a project of Andaman & Nicobar Island’s Government- “Promotion & Development of Handicrafts from locally available resources”

In 2017-2018, AIWEFA has taken up the responsibility to conduct 22 workshops on “Promoting Intergenerational Bonding” in Delhi schools & colleges. Earlier AIWEFA conducted five workshops on “Prevention of Drug Addiction.” as well, in Delhi schools/colleges. **All these workshops are supported by National Institute of Social Defence (NISD), Ministry of Social Justice & Empowerment**

On Environment day, AIWEFA launched the campaign “**Say No To Plastics** ” for using eco-friendly products.

Celebrating Mahatma Gandhi’s 150 years and AIWEFA’s 90th Foundation year, a National Conference “**Ensuring healthy lives and promoting wellness in old age**” is planned on 1st & 2nd November 2018. Another programme “ **Khadi Goes Global**” to promote khadi nationally and internationally is planned for February 2018 at Delhi and in March 2019 at Commission on Status of Women Event. at UN, New York (**CSW63**).

Programme Schedule

Workshop on **"Promoting Intergenerational Bonding"**
at **Govt. Boy's Senior Sec. School (GBSSS),**
Hauz Rani, Near Malviya Nagar, New Delhi.
Day & Date: Thursday 11 October 2018.
Time: 01:00 p.m. to 04:00 p.m

Time	Activity & Details	Resource Person
01:00 p.m. to 02:00 p.m.	Session I : Activity Session : a) Poster making completion. b) Slogan writing completion. c) Judging the entries. d) Administration of questionnaire and feedback forms.	Dr. Usha Sharma <i>Executive Member, AIWEFA</i>
02:00 p.m. to 02:05 p.m	Lamp Lighting/welcome song	GBSSS
02:05 p.m. to 02:10 p.m	Welcome address:	GBSSS
02:10 p.m.to 02:15 p.m	AIWEFA Introduction:	Ms. Sarla Manchanda <i>Vice President, AIWEFA</i>
02:15 p.m. to 02:20 p.m	Welcome Chief Guest (from NISD) : Programme Introduction	Mr. Shakti Raj <i>Principal : GBSSS</i> National Institute of Social Defence (NISD)/ Ms. Sarla Manchanda <i>Vice President, AIWEFA</i>
02:20 a.m. to 02:55 p.m.	Session II: Technical Session: Intergenerational Bonding a. Understanding each other's perspective b. reflection and brainstorming session based on expressions of seniors & juniors. c.. strategies for strengthening Intergenerational Bonding	Dr. Mayanka Gupta: <i>Member, AIWEFA</i> <i>Asst. Professor,</i> <i>Lady Irwin College.</i> <i>Expert on Elderly Care .</i>
02:55 p.m. to 03:30 p.m.	Session III : Legal Session: a. Film / Videos b. Case Studies c. Laws, prevention and treatment	Adv.Shveta Gupta <i>Lawyer registered with Delhi Bar Association and Delhi Legal services</i>
03:30 p.m to 03:50 p.m	Concluding Remarks, Pledge taking & Prize distribution	
03:50 p.m to 03:55 p.m	Vote of thanks	GBSSS
03:55 p.m	Refreshments	

REPORT :

A one day workshop was organised by All India Women's Education Fund Association (AIWEFA) on "Promoting Intergenerational Bonding" supported by National Institute of Social Defence (NISD) Ministry of Social Justice, at Govt. Boy's Senior Sec. School (GBSSS), on 11 October 2018. The workshop was very successful and well received. It was well attended by 100 students of the school and 05 school faculty and AIWEFA executives.

Mr. Shakti Raj, Principal, Mr. Sandeep, Social Science Teacher & convenor of the workshop and Ms. Kamaljeet, drawing Teacher from GBSSS were very helpful in organizing the workshop very meticulously and smoothly. The information about the event was advertised in school through posters, social media and word of mouth.

SESSION I: Activity Session

Activity session was conducted on 11th October 2018, from 01:00 p.m. to 2:00 p.m. by Ms. Kamaljeet under the overall supervision of Dr. Usha Sharma, Executive Member, AIWEFA. It mainly involved '**Poster Making**' & '**Slogan Writing**' competitions in school Reception area. 45 students took part in the competitions with great enthusiasm. Dr. Usha Sharma along with team of teachers from the school judged entries. The entries were good and top 3 entries were selected for prizes in each of Poster-Making & Slogan –Writing. Six prizes were given to students during the later sessions of the workshop. The posters made by students were displayed at the notice board.

Introduction:

The main workshop started at 2:15 p.m. with a prayer by students under the guidance of their teacher. Mr. Sandeep extended a warm welcome to the AIWEFA team and students. He emphasized on the importance of the topic of the workshop in today's context and advised students to take full advantage of the workshop and contribute towards betterment of the society.

Ms. Sarla Manchanda, Vice President, AIWEFA welcomed the students to the workshop on behalf of AIWEFA and introduced her 89 year old NGO , established under the leadership of **Mahatma Gandhi** and founder of Ms. Sarla Manchanda, Vice President, AIWEFA welcomed the students to the workshop on behalf of AIWEFA and introduced her 89 year old NGO , established under the leadership of **Mahatma Gandhi** and founder of Lady Irwin College, New Delhi. She explained about its various services rendered to promote holistic and sustainable development for welfare of communities.

She talked about the current activities of AIWEFA and that it seeks partnerships for programmes on society welfare. Ms Manchanda also introduced the programme of NISD and the need for such a workshop. She mentioned that it was the 16th workshop in the series. This was followed with the technical session.

SESSION II (Technical Session):

It was conducted by Dr. Mayanka Gupta Asst. Professor, at Dept. of Resource Management and Design Application, Lady Irwin College and an Expert on Elderly Care.

The session was presented in an interesting manner having a dialogue with the participants and videos and short films were screened to have a common understanding related to the main issues of the theme. Dr. Gupta began her session with a story of "Grandma and a TV remote". The story was related to a old Grandpa who comes from village to the city to live with his son, daughter-in-law and two grandchildren and how with the time the generation gaps comes within the family and a TV remote becomes Grandpa's best friend. **This story telling session was the main feature of the session and all the discussions that took place were at the understanding level of class VIII and building up of the right value system from that tender age was emphasized upon.**

Dr. Gupta facilitated the session and elaborated on the challenges concerned in intergenerational interaction getting the students from the floor involved. She explained about various ways of communicating with elders in form of verbal and non-verbal in a respectful manner. She highlighted the role of trust, cooperation, support, honesty and accountability as the key values that foster mutual respect in relationships. Her suggestions related to bonding through technology of mobile use, email, twitter, whats app. and other social media options captured the interest of the students and were very well received as means of relating to members of the senior generations. For this youngsters have to take a lead to make seniors well conversant with their use. This will lead to a better understanding between the juniors and seniors and will result in a happier, healthier and safe society.

Activity

To promote the dialogue between the audience and the trainer, on the point of sharing of achievements, Dr. Gupta asked students to think and share some of the happy and unhappy moments they have had in their life as experience of interacting with older generation members – parents and grandparents.

A class VIII student Master Sachin came forward to present his views on ways to minimize the gap between elder and younger generation. His views and suggestions were outstanding and a round of applause and appreciation was given to him for coming forward and speaking in front of the audience.

SESSION III: (Legal Session)

In the technical session, the concept of generation- gap, and efforts to workout on different techniques and ways to bridge the generational gap were discussed thoroughly. Taking the discussion forward, Advocate Shveta Gupta conducted the second technical session on law with the objective to create awareness about various laws safeguarding the interests of parents and senior citizens and to discuss more on the special legislation formulated for the same purpose ie., 'Maintenance and Welfare of Parents and Senior Citizens Act, 2007". Ms Gupta is associated with many societies and is working for legal awareness amongst school and college students at national level and has conducted many workshops for them.

The session began with a discussion on history of Indian culture of respecting the elders and 'need to worry' situation of parents, grand parents and senior citizens at present in India. Ms. Gupta explained how the number of older persons is rising with the increase in life expectancy rate and how the level of elderly abuse and violence is expected to rise with the same. Students agreed that the news of violence, abuse and crime against parents and senior citizens is increasing citizens is increasing day by day.

Students were explained about the different types of Violence and Abuse which are being committed upon parents and senior citizens. Ms. Gupta explained in detail about the specific provisions under The Maintenance and Welfare of Parents Act, 2007. She also discussed some recent case laws in which Indian courts have ruled in favour of parents in various circumstances like:

- Parents evicting their abusive children from their home
- Parents evicting children in case of harassments
- Elderly parents taking back share in their property given to son as gift when the son fails to look after them or harasses them.

Apart from above laws, other Government Policies on Health, Travel, Banking, Housing, Insurance, Reverse Mortgage and Others were also highlighted. She also emphasized on the point that son and daughters are both equally liable to maintain their parents and both should take care of them.

The session concluded with a legal maxim "*Ignorantia juris non excusat*", which means "ignorance of law cannot be an excuse" by which Ms. Gupta explained the importance of knowing the laws of your country.

Prize Distribution Ceremony:

Mr. Shakti Raj, Vice **Principal**, GBSSS joined for the prize distribution ceremony. Students were very excited to be rewarded like that. Prizes were given by AIWEFA as well as school teams. Over all 6 prizes were given.

POSTER MAKING COMPETITION		
Ist	Rohit	IX A
IIInd	Shahzed	XI A
IIIrd	karan	XI A

SLOGAN WRITING COMPETITION		
Ist	Shoeb	XII A
IIInd	Moonk	XII A
IIIrd	Nooral	XII A

Evolving Strategies:

Ms. Sarla Manchanda gave her remarks about the evolving strategies. She emphasized that all the three generations need each other and efforts need to be made by all to bend and mend the attitudes for a better understanding amongst themselves. The Value system needs to be inculcated from the young age. To bridge the gap between different generations, the young generation has to play the most important role and make the maximum efforts to maintain the cordial relationships as they are the most flexible. The youth is still in the process of moulding their personalities and need to learn to give respect to all the elderly people, inculcate a patient hearing habit to the elderly's slow and rigid ways, Youth must learn to take advantage from rich experiences of the senior generations and need not ever consider them useless. Young generation should

understand the time, financial and energy-efficient limitations under which their parents have to discharge their duties towards their wards as well as seniors. It is here that the youth has to play a very vital role to see that in the society seniors are respected, well looked after physically, financially and emotionally. They are not deprived of any of their rights, legal or otherwise, should be able to spend their old age gracefully with dignity. The youth has to learn well the value and strength of being together (unity in diversity) and act as volunteers and watchdogs to safeguard the interests and legal rights of all generations. Thus contribute towards a peaceful, happy and harmonious society.

This was followed by a question -answer session and a feedback form was given to be filled. Finally pledge – taking to “**Promote Intergenerational Bonding**” was administered by Dr. Usha Sharma Gupta as follows:

On this day i.e. 11 October, 2018 we pledge that we will respect our parents, grandparents, teachers and all Senior Citizens and help them in all situations. We will listen to them patiently and benefit from their experiences. We will peacefully make them understand our viewpoint, make them conversant with latest digital techniques for better communication leading towards a loving, harmonious and healthy society.

The whole workshop was a great success. A vote of thanks was proposed by Mr. Shakti Raj Vice Principal, GBSSS. Refreshments were served to all the participants and e-certificates of participation to students were also issued later on.

REPORT compiled & edited by:

Ms. Asha Chandra, President AIWEFA, Ms Sarla Manchanda, Vice President AIWEFA,
Ms. Shveta Gupta , Member AIWEFA & Mr. Mithun Singh, Office Sec. AIWEFA,

ANNEXURES:

- I. C.V. of Resource persons..
- II. Questionnaire form.
- III. Resource material- hand outs from Dr. Renu Malaviya.
- IV. Attendance sheet of AIWEFA team & GBSSS faculty
- V. Attendance sheet of student-participants
- VI. Photographs

ANNEXURES I

C.V. of Resource Persons for the workshop on “Promoting Intergenerational Bonding”

**at Govt. Boy's Senior Sec. School (GBSSS),
Hauz Rani, Malviya Nagar, New Delhi.**

**on Thursday 11 October 2018.
From 01:00 p.m. to 04:00 p.m**

Session I: Activity Session: Dr. Usha Sharma.

Academic Qualifications:

M.A., Physical Education (Punjab University)

M.S., Planning & Administration (East Germany)

Ph.D. , Physical Education & Physical Culture (Jamia Islamia University)

Diploma in Badminton, NIS, Patiala.

Experience:

- Former Associate Professor: Lady Irwin College
- Sports Officer: Haryana Sports Department
- Sports Supervisor: NDMC
- Sports Officer: Association of Universities
- Deputy Administrator: ASIAD 82

Session II: Technical Session: Dr. Mayanka Gupta

Academic Qualifications:

Ph.D. (Home Science) from University of Delhi (2015).

Experience

- Asst. Professor at Dept. of Resource Management & Design Application, Lady Irwin College, University of Delhi.
- Worked as Joint Project Director on a Govt. project on elderly.
- Worked as research fellow on a project at Lady Irwin College.
- Worked as a project officer with Medicare Foundation
- Have been actively involved in several short and long-term projects related to **elderly, Life skills, Peer pressure awareness and education of children, youth, and women**
- Participated in two exchange programs related to community in America and Canada.
- As part of Ph.D., worked on design indicators of building for evaluation of old age homes & recreation centers for elderly

Session III: Legal Session: Adv. Shveta Gupta

Academic Qualifications: B.A., L.L.B. & M.S.W.

Experience:

- Advocate in Tis Hazari Court, Delhi
 - Extensive Legal research for various civil/criminal matters,
 - Drafting of Petitions for district court, Delhi High court and Supreme Court,
 - Member of Society '**Vikalp-Searching Together Learning Together**', working for legal awareness among School and college student at National Level.
 - Associated with UN Volunteering programme (Adolescent Education Program)
 - Conducted many workshops on Legal Awareness in schools and colleges.
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ANNEXURE II

Workshop on “Promoting Intergenerational Bonding”

Govt. Boy's Senior Sec. School (GBSSS),
Hauz Rani, Near Malviya Nagar, New Delhi.

Thursday, 11th October 2018

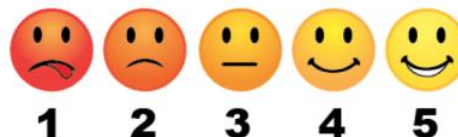
FEEDBACK FORM

Name: _____

Class: _____

- 1 Do you think, the workshop was useful for you? ☐ Yes ☐ No
- 2 Do you live with your grandparents? ☐ Yes ☐ No
- 3 If No, do you visit your grandparents ☐ Atleast once in a month ☐ Visit them rarely
- 4 Do you think, it is best to live separately from your grandparents? ☐ Yes ☐ No
- 5 Do you think, living with your grandparents hinder your progress? ☐ Yes ☐ No
- 6 Do you think, your grandparents have a positive hand in your growing up? ☐ Yes ☐ No
- 7 Do you think, your grandparents are big physical and emotional support to you? ☐ Yes ☐ No
- 8 Do you think, spending time with your grandparents is a waste and you should avoid it? ☐ Yes ☐ No

- 9 Rate the quality of the workshop

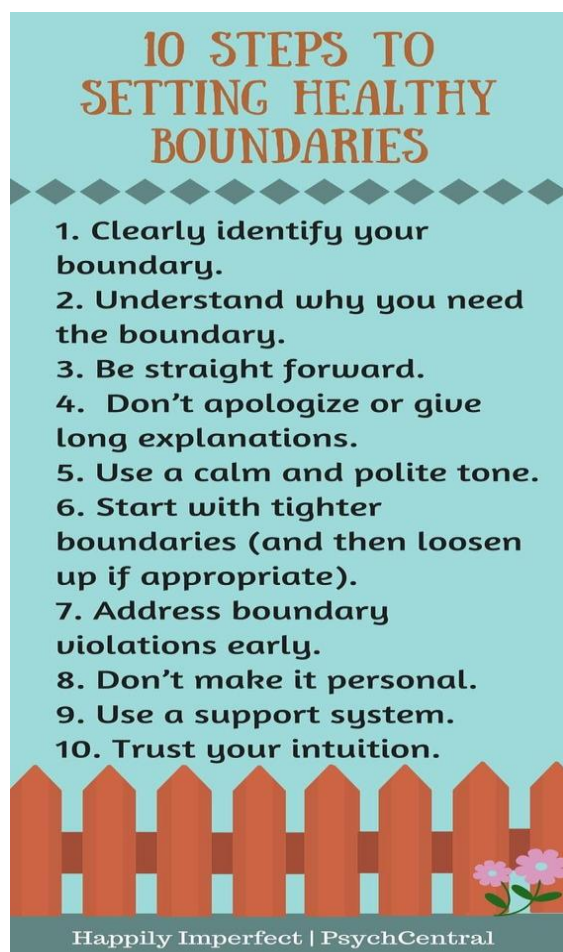


- 10 Which aspect of the workshop did you like the most? _____

ANNEXURE III.

Intergenerational Challenges

By Dr Renu Malaviya



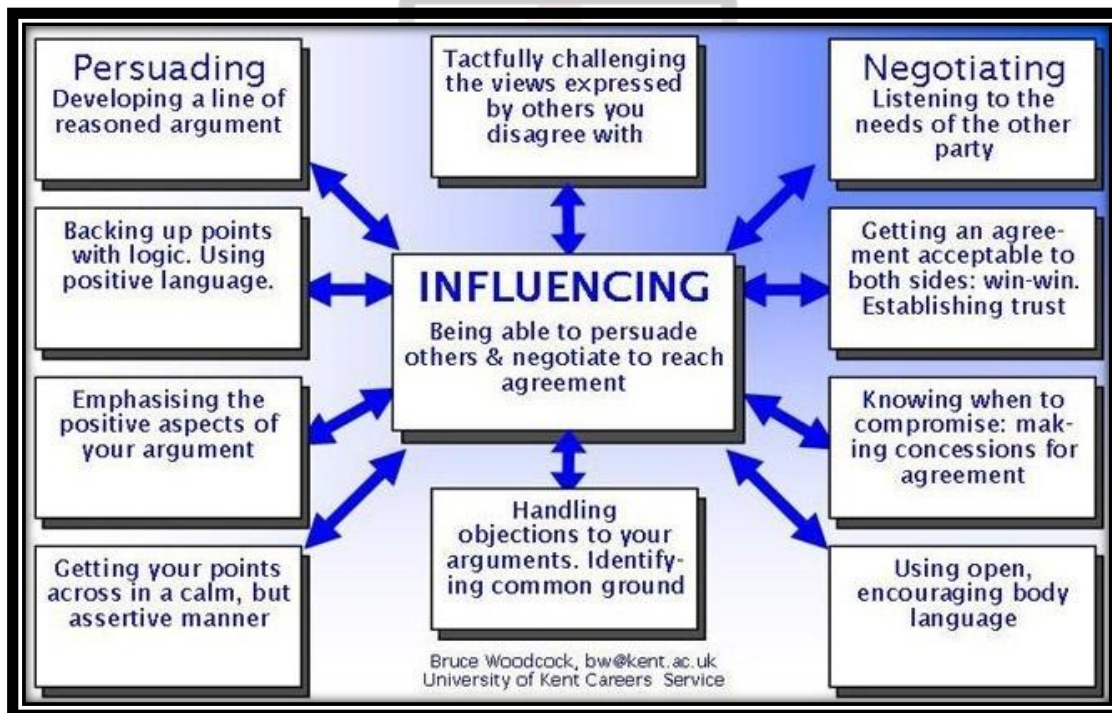
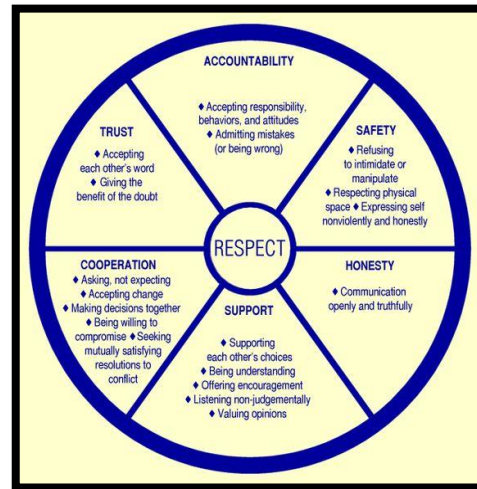
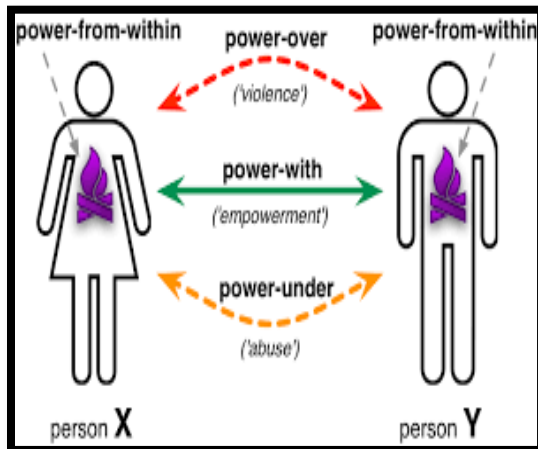
10 STEPS TO SETTING HEALTHY BOUNDARIES

1. Clearly identify your boundary.
2. Understand why you need the boundary.
3. Be straight forward.
4. Don't apologize or give long explanations.
5. Use a calm and polite tone.
6. Start with tighter boundaries (and then loosen up if appropriate).
7. Address boundary violations early.
8. Don't make it personal.
9. Use a support system.
10. Trust your intuition.

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**A HEALTHY
RELATIONSHIP WILL
NEVER REQUIRE
YOU TO SACRIFICE
YOUR GOALS,
YOUR DREAMS, OR
YOUR DIGNITY.**

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ANNEXURE IV.

(Attendance sheet of AIWEFA team & faculty)
Enclosed with the hard copy



GBSSS
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ANNEXURE V.

(Attendance sheet of student-participants)
Enclosed with the hard copy

ANNEXURE VI.

Photographs



