Workshop on “Promoting Intergenerational Bonding”

at Sarvodaya Kanya Vidyalaya
Pushp vihar, Sector -1, M.B. Road,
New Delhi - 110017,
on Wednesday, 28 March 2018

Supported by National Institute of Social Defence
Ministry of Social Justice & Empowerment

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 35 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, 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).
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, AIWEF founded the Home Science College, Lady Irwin College, New Delhi to bring a scientific temper in women’s education. For the last eight and a half 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. So far AIWEFA has organised 27 Cyber Security workshops in Delhi / NCR.

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

Currently AIWEFA is involved in completing a project of Andaman & Nicobar Island’s Government- “Promotion & Development of Handicrafts from locally available resources”

Recently AIWEFA has completed 5 workshops on “Awareness & Prevention of Drug Abuse” in the University of Delhi colleges.

Earlier in 2017 AIWEFA organized 2 workshops on “Promoting Intergenerational Bonding”. Now again AIWEFA is involved in conducting 10 more workshops in Delhi schools/colleges on the same topic. All these workshops are supported by National Institute of Social Defence (NISD), Ministry of Social Justice & Empowerment.
Programme Schedule
Sarvodaya Kanya Vidyalaya
Wednesday 28 March 2018
Time: 10:00 a.m. to 01:00 p.m.

Workshop on “Promoting Intergenerational Bonding”

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity &amp; Details</th>
<th>Resource Person</th>
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| 10:00 a.m. to 11:30 a.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  
  Executive Member, AIWEFA |
| 11:30 a.m to 11:35 a.m  | Lamp Lighting / Welcome song                                                       |                                                                                  |
| 11:35 a.m to 11:40 a.m  | Welcome address:                                                                   | Sarvodaya Kanya Vidyalaya                                                        |
| 11:40 a.m to 11:45 a.m  | AIWEFA Introduction:                                                               | Ms. Sarla Manchanda  
  Vice President, AIWEFA                                                          |
| 11:45 a.m to 11:50 a.m  | Welcome Chief Guest (from NISD): Programme Introduction                            | Ms. Sneh Aggarwal  
  Principal, Sarvodaya Kanya Vidyalaya                                              |
| 11:50 a.m to 12:25 p.m. | Session I : Technical Session :  
  a. Intergenerational Gap  
  b. Intergenerational gap & Society  
  c. Strategies to bridge the gap and its benefits. | Ms. Sarla Manchanda  
  Vice President, AIWEFA  
  Former Asso. Prof. LIC (Univ. of Delhi) Freelance Counsellor, Human Relations |
| 12:25 p.m to 01:00 p.m. | Session III : Legal Session:  
  a. Film / Videos  
  b. Case Studies  
  (Lawyer registered with Delhi Bar Association and Delhi Legal services) |
| 01:00 p.m to 01:10 p.m. | Prize distribution                                                                  |                                                                                  |
| 01:10 p.m to 01:20 p.m. | Vote of thanks                                                                     | Sarvodaya Kanya Vidyalaya                                                        |
| 01:20 p.m.             | Refreshments                                                                       |                                                                                  |

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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 Sarvodaya Kanya Vidyalaya, on Wednesday, 28th March 2018 from 10:00 a.m. to 01:00 p.m.

The workshop was successful and well received. It was well attended by 66 students of the college and about 19 college faculty and AIWEFA executives.

The event was advertised through word of mouth and class VIII students were requested by sending telephone messages to come to school specially for the workshop, even when it was a after-examination vacation time. Ms. Sneh Aggarwal, Principal of the school & herself the convenor of the workshop, and her team of teachers, Ms. Huma, Mr. Neeraj & Ms. Tara in particular were very helpful in organizing the workshop on a short notice very meticulously and smoothly. Student volunteers from the school also helped.

AIWEFA had put 2 banners, one at the gate of the school and the other in the hall.

**SESSION I : Activity Session:** It was by Dr. Usha Sharma, a Physical & Mental Fitness Expert from 10:00 a.m. to 11:30 a.m. The session mainly involved conducting the ‘Poster Making’ & ‘Slogan Writing’ competitions under the supervision of the school teachers There were 30 entries for both Poster Making and for Slogan Writing. Students showed great enthusiasm for taking part in the competitions. Dr. Sharma, Adv. Shveta Gupta & team of teachers from the school judged entries and marked them 1st, 2nd & 3rd positions for both Poster Making & Slogan –Writing. The judgements were finally approved by the technical Expert Ms. Manchanda. Prizes were given later in the workshop.

The remaining part of the workshop started at 11:30 a.m. with a warm welcome by the school Principal Ms. Sneh Aggarwal. Posters welcoming AIWEFA were displayed on the walls.

The students in the workshop were from suburban area. It was observed that Intergenerational Bonding in this strata is still quite strong and better than purely urban areas. **Most of the workshop was conducted in Hindi.**

Ms. Sarla Manchanda, Vice President, AIWEFA welcomed the students to the workshop on behalf of AIWEFA and introduced her 88 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 its current involvements in National and International activities. Ms Sarla Manchanda also introduced the programme of NISD and the need for such a workshop.

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This was followed with a motivational speech by the Principal of SKV school Ms. Sneh Aggarwal. She was very appreciative of AIWEFA’s efforts to hold a workshop on such a topic and its importance in today’s context. She talked about our rich cultural heritage and advised students to take full advantage of the workshop and contribute towards betterment of the society. This was followed by the Technical Session on "Promoting Intergenerational Bonding".

SESSION II : Technical Session: It was conducted by Ms. Sarla Machanda, Vice President of AIWEFA and a freelance counsellor on Human Relations.

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. Ms. Manchanda facilitated the session and elaborated on the challenges concerned in intergenerational interaction getting the students from audience involved. She told the students that healthy relationships will never require both parties to sacrifice their goals, dreams or dignity. 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, what’s 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 converesent 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.

It was felt that all the three generations need each other and efforts need to be made from all to bend and mend the attitudes for a better understanding amongst themselves. 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.

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SESSION III : Legal Session: In the first technical session, the concept of generation-gap, and efforts to work out on different techniques and ways to bridge the generational gap were discussed thoroughly. Taking the discussion forward, the second technical session on law was 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 i.e., „Maintenance and Welfare of Parents and Senior Citizens Act, 2007”. Ms. Shveta Gupta, an advocate registered under Delhi Bar Association and Delhi Legal Services took the technical Session II. Ms Gupta is working for a society 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 day by day in the city. Students were explained about the different types of Violence and Abuse which are being committed upon parents and senior citizens. The resource delivered a Power Point Presentation, on laws and discussed following laws safeguarding the rights of senior citizens and parents:

- Provisions of Constitution – Article 38, 41 and 47
- Legislations – Personal Laws
  - Hindu Adoption and Maintenance Act, 1956
  - Muslim Personal Laws
  - Christian and Parsi Laws
- Code of Criminal Procedure, 1973 – Section 125 (Maintenance for Parents)
- The Maintenance and Welfare of Parents Act, 2007
  - Meaning of Parent and Senior Citizen
  - Rights of Maintenance and Other Reliefs – Legal obligation on Children
  - Procedure to apply for the relief
  - Punishments for infringement of law
- Other Government Policies on Health, Travel, Banking, Housing, Insurance, Reverse Mortgage and Others

Ms. Gupta also highlighted a comparison of Indian laws and policies with the laws of United States, British, Canada, China, and South Africa protecting rights of Senior citizens and parents.
Prize Distribution Ceremony:

After the three main sessions the Prize Distribution Ceremony took place. The entries for the Poster Making and Slogan Writing were excellent and two 1st prizes of Rs. 250/-each, two 2nd prizes of Rs. 150/-each and two 3rd prizes of Rs. 120/-each in cash, were given to the following students in both the streams.

I. For Poster Making:

1st Prize Ms. Manpreet Kaur
1st Prize Ms. Niaketa Kumari
3rd Prize Ms. Aditi

II. For Slogan Writing:

1st Prize Ms. Zanib Ansari
1st Prize Ms. Aditi
3rd Prize Ms. Sana

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.

The Prize Distribution 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 Adv. Shveta Gupta as follows;

On this day ie. 28 March 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 Ms. Sneh Aggarwal, Refreshments were served to all the participants

The e-certificates of participation were also issued later on. Information about the workshop-background-note, About AIWEFA, Programme-Schedule and resource material received from Resource persons were distributed to all the participants before the start of the workshop. Expenditure statement is being given separately.
REPORT compiled & edited by :

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

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ANNEXURES:

I. Questionnaire form.
II. Feedback form.
III. Resource material- hand outs from Dr. Renu Malaviya
IV. C.V. of Resource persons.
V. Attendance sheet of AIWEFA team & SKV faculty
VI. Attendance sheet of student-participants
VII. Statement of Expenditure.
VIII. Photographs
ANNEXURE I.

All India Women’s Education Fund Association (AIWEFA)

Students’ Questionnaire
“PROMOTING INTERGENERATIONAL BONDING”

School: ____________________________

Name of the Student: ____________________________________________

Gender of Student:  Male  Female

Q.1 Studying in undergraduate Course (Tick mark any one)
   □ 1st Year  □ 2nd Year  □ 3rd Year

Q.2 Native Residence
   □ Rural  □ Urban

Q.3 Annual Family Income
   □ < 3 Lacs.  □ 3 to 5 Lacs.  □ > 5 Lacs.

Q.4 Current residence
   □ Staying with parents  □ Not staying with parents

Q.5 Type of family
   □ Nuclear  □ Joint  □ Extended

Q.6 Presence of grand parents
   □ Stay with them  □ Visit them every week  □ Visit them rarely

   □ Do not have grand parents

Q.7 Elderly people tend to hinder the progress of the younger generation
   □ Yes  □ No  □ Not Necessarily

Q.8 It is best that the younger generation and senior generation live separately
   □ Yes  □ No

Please elaborate your answer for Q. No. 7 and Q. No. 8

________________________________________

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Tel 011-2331 8376, 2373 6922 E-mail: aiwefa29@gmail.com Website: www.aiwefa.org

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ANNEXURE II.

All India Women’s Education Fund Association (AIWEFA)

Feedback form
"PROMOTING INTERGENERATIONAL BONDING"

Q.1 How did you find this workshop? (Tick mark any one)

☐ Very Good ☐ Good ☐ Okay ☐ Could have been better ☐ No learning form it

Q.2 What was the best part of the workshop?

________________________________________________________________________

________________________________________________________________________

Q.3 Why do you say that was the best part of the workshop?

________________________________________________________________________

________________________________________________________________________

Q.4 What are the learnings for you from this workshop? How do you plan to implement them in your life?

________________________________________________________________________

________________________________________________________________________

Q.5 Would you like to attend workshops on similar themes

☐ Yes ☐ No ☐ Maybe

Q.6 What are the possible themes on which you would want to attend more workshops? Please give details

________________________________________________________________________

________________________________________________________________________

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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.

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

Happily Imperfect | PsychCentral

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ANNEXURE IV.

C.V. of Resource Persons for the workshop on “Promoting Intergenerational Bonding” at Kendriya Vidyalaya, Pushp Vihar on Wednesday, 28 March, 2018 from 10:00 a.m. to 01:00 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:

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

Session II: Technical Session: Ms. Sarla Manchanda

Academic Qualifications: M.Sc.
Diploma in New Teaching Methods, Mc.Gill University, Canada.

Experience:

- More than 35 years of teaching Experience in Applied/Textile Chemistry at Lady Irwin College.
- Expert Teaching/Communication Skills.
- Expert in management of Awareness Fairs, Events, Workshops, Seminars, etc.
- Freelance Counsellor: Human Relations.

Session III: Legal Session: Adv. Shveta Gupta
Academic Qualifications: B.A., L.L.B. & M.S.W.

Experience:

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• 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 V.

(Attendance sheet of AIWEFA team & ANDC faculty)
Enclosed with the hard copy
ANNEXURE VI.

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