







Workshop on “Promoting Intergenerational Bonding”

**at Swami Sivananda Memorial Institute
East Avenue, Punjabi Bagh, New Delhi-110026,
On Friday, 16 March 2018**

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

A REPORT



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)

Swami Sivananda Memorial Institute
New Delhi

Friday 16 March 2018
09:30 a.m. to **12.30 p.m.**



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.**



"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
Swami Sivananda Memorial Institute
Friday 16 March 2018
Time: 09:30 a.m. to 12:30 p.m.

Workshop on **"Promoting Intergenerational Bonding"**

Time	Activity & Details	Resource Person
09:30 a.m. to 11:00 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 <i>Executive Member, AIWEFA</i>
11:00 a.m to 11:05 a.m	Lamp Lighting	
11: 05 a.m to 11:10 a.m	Welcome address:	Swami Sivananda Memorial Institute
11: 10 a.m to 11:15 a.m	AIWEFA Introduction:	Ms. Sarla Manchanda <i>Vice President, AIWEFA</i>
11:15 a.m to 11:20 a.m	Welcome Chief Guest: Programme Introduction	Swami Sivananda Memorial Institute National Institute of Social Defence (NISD)/ Ms. Sarla Manchanda (Vice President, AIWEFA)
11:20 a.m to 11:50 am.	Session I : Technical Session : a. Intergenerational Gap b. Intergenerational gap & Society c. Strategies to bridge the gap and its benefits.	Dr. Adarsh Sharma: Executive Member, AIWEFA Former Director NIPCCID Expert on Early Childhood Care & Education
11:50 a.m to 12:20 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>
12:20 p.m to 12:25 p.m	Prize distribution	
12:25 p.m to 12:30 p.m	Vote of thanks	Swami Sivananda Memorial Institute
12:30 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 Swami Sivananda Memorial Institute on Friday, 16 March 2018 at 09:30 a.m. to 12:30 p.m

The workshop was very successful and well received. It was well attended by 150 students of the school and about 21 school faculty and AIWEFA executives.

It was an amazing experience at SSMI which is a big NGO and working on various schemes of Government for children, youth and women. One of the main programmes being run by the Institute is the **Integrated Child Development Scheme (ICDS)** of the government along with many other **Skill Development Programmes** involving Food & Nutrition, Textiles & Clothing, Handicrafts Design etc. Institute also takes orders and provides employment to the community, particularly women. The profits from the contracts are used to run the school where free education is provided to the children upto class X..

The event was well advertised through posters and word of mouth. Posters were displayed from 2-3 days ahead of the workshop at strategic positions in the Institute. Ms. Sunita Bhasin, Director of SSMI, Dr. Sudesh Sharma, Principal of the School, Ms. Vijayluxmi, Manager SSMI and their full team, Ms. Paramjit Kaur and Ms. Gurjeet Kaur (Education coordinator) in particular extended whole hearted support in organizing the workshop very meticulously and smoothly. The students of the school also volunteered to help.

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

SESSION I : Activity Session: It was conducted by Dr. Usha Sharma, a Physical & Mental Fitness Expert from 09:30 a.m. to 11:00 a.m. The session mainly involved conducting the '**Poster Making**' & '**Slogan Writing**' competitions under the supervision of the school art- teacher. Pankaj. There were 160 entries for both Poster Making and for Slogan Writing. Students showed great enthusiasm for taking part in the competitions.. Both the Posters & Slogans were very captivating , short & crisp. 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 Dr. Adarsh Sharma. Prizes were given later in the workshop.

The remaining part of the workshop started at 11:00 a.m. with lamp lighting ceremony and a warm welcome by the school Principal Dr. Sudesh Sharma.

The students in the workshop were from, urban, suburban and rural areas. 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.

This was followed with a very motivational speech by the Principal of SSMI school Dr. Sudesh Sharma, She was very appreciative of AIWEFA's efforts to hold 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 Dr. Adarsh Sharma, Former Director NIPCCID & an expert on Early Childhood Care & Education. Dr. Sharma has conducted several workshops for adolescents and youth on topics related to Human Development.

The out line of Dr. Sharma's session was -understanding the concept, rationale and need in contemporary times, changing family dynamics, role of family environment and role modelling, sharing reflections and experiences, strategies for strengthening Intergenerational Bonding, and screening of short videos.

Dr. Sharma thanked the organizers for giving her the opportunity to interact with the Youth of today on an issue of tropical interest and importance. She wished and hoped the dialogue will help in promoting congenial, happier and worth cherishing interaction and relations across generations. Family has the most powerful influence on us and determines our self-concept, self-esteem, value system, confidence and level of our accomplishments. This can happen only if there is high level of cohesion, adaptability, warmth and nurturance in the relationships with in the family set up. Cultural traditions and ideologies are passed on to the growing children as *Virasat* or *Sanskaras*

Children do not grow in vacuum, the experiences they have during their foundation years shape their personality and behaviour. They learn by imitation and identifying with the socialization agents and parents happen to be the first role models. Thus the seed of intergenerational respect, mutual understanding and tolerance towards parents, elders and grandparents are sown at young age with in the family. Like all

things, family dynamics and interaction have been lately influenced significantly by the rapidly changing sociocultural and economic scenario across the world. We live presently in two worlds, one of modernity and the other of traditionalism; which has both positive and negative influences. Unless we strike the balance in the task of blending modernity with our cultural traditions, we will find ourselves torn between the two aspects of our existence. It requires sensitivity, caution, acceptance and tolerance in our actions, behaviour and conduct. This aspect has had the worst toll on intergenerational understanding and interaction. The intergenerational gap is widening and is on the verge of becoming a wide gulf. Instead of being a source of continuity of family traditions, providing support and scaffolding to one and another across generations, it has become an issue and a social problem. The members across generations need not miss what they have to offer to one another. Healthy relations across generations are a gratifying experience and we need to work towards achieving the same.

What is needed is to have negotiating skills to avoid conflict arising from lack of understanding of perspectives, communication, openness, tolerance and demonstration of love and care. Intentions of older people need not be doubted or questioned; they represent our past- *present –future*; the younger generation is their extension and they will always like to see it flourish. Indeed, their aspirations, gratification and happiness lie in realization of the potentials of the younger generation. There is no fool proof prescription for harmonious interactions as relationships are based on experiences and have their own characteristics and flavour. Nonetheless there are some rules of the thumb that can promote harmony:

- Build bridges and not barricades
- In world of isolation we need to get connected
- Relationships are to be valued and these matter
- One has to work on keeping relations and get bonded, it does not happen on its own
- It needs spending quality time
- It requires consistent and prolonged interaction
- Understanding and knowing each other is essential
- Appreciation of differences in views and opinions
- Find activities of common interest
- Avoid insisting on continuation of stereotypes
- Sharing of achievements and memories

(At this juncture the audience was requested to share some of the happy and unhappy moments they have had in their life as experience of interacting with older

generation members – parents, grandparents, teachers, and employers or any other person. 4-5 students and 2-3 seniors shared their experiences.)

Benefits of Intergenerational Bonding for Older Generationst

- Stability and confidence in interacting with people
- Promotes physical mental health
- Avoids depression
- Gives meaning to life and its existence
- Accepting process of aging well
- Feeling of gratification and happiness
- Feeling being needed and wanted

Two short videos on the theme were screened and key issues arising from the videos were discussed and messages taken.

Ten Steps to Setting Healthy Intergenerational Relationships

1. Identify your boundaries
2. Understand reasons of the boundaries
3. Be straight forward
4. Do not apologize or give exhalations
5. Use calm and polite tone
6. Start with tighter boundaries, be flexible to relax if required
7. Have clear directions on violation of boundaries early
8. Do not make things personal
9. Use support system when ever needed
10. Trust your intuition

SESSION III (Legal Session):

In the first 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, 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 ie., '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 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
 - o Hindu Adoption and Maintenance Act, 1956
 - o Muslim Personal Laws
 - o Christian and Parsi Laws
- Code of Criminal Procedure, 1973 – Section 125 (Maintenance for Parents)
- The Maintenance and Welfare of Parents Act, 2007
 - o Meaning of Parent and Senior Citizen
 - o Rights of Maintenance and Other Reliefs – Legal obligation on Children
 - o Procedure to apply for the relief
 - o 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 1st , 2nd & 3rd prizes were given in both the streams. Prizes consisted of Education material, art material and stationery items. For 1st prize items were worth Rs. 500/-, for second prize worth Rs. 300/- and for 3rd prize Rs 250/-.

I. For Poster Making:

- 1st Prize Ms. Neha
- 2nd Prize Ms. Zeenat
- 3rd Prize Ms. Mahek

II. For Slogan Writing:

- 1st Prize Mr. Kamal
- 2nd Prize Ms. Saloni
- 3rd Prize Ms. Mahima

(The names of the Prize winners will be sent soon.)

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.

Evolving Strategies:

Ms. 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**” **translated in Hindi by Dr. Sudesh Sharma** and was administered by her as follows: **On this day ie. 16 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 Dr. Sudesh Sharma. 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. The information about the workshop (copies of the banner) and posters on the topic were displayed all over the school. 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,**



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 & SSMI 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

Hannah Sen Cottage, Lady Irwin College, 4 Sikandra Road, New Delhi – 110001
Tel 011-2331 8376, 2373 6922 E-mail: aiwefa29@gmail.com Website: www.aiwefa.org



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

All India Women's Education Fund Association (AIWEFA)

Hannah Sen Cottage, Lady Irwin College, 4 Sikandra Road, New Delhi – 110001

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

AIWEFA seeks partnerships for programmes on society welfare

ANNEXURE III.

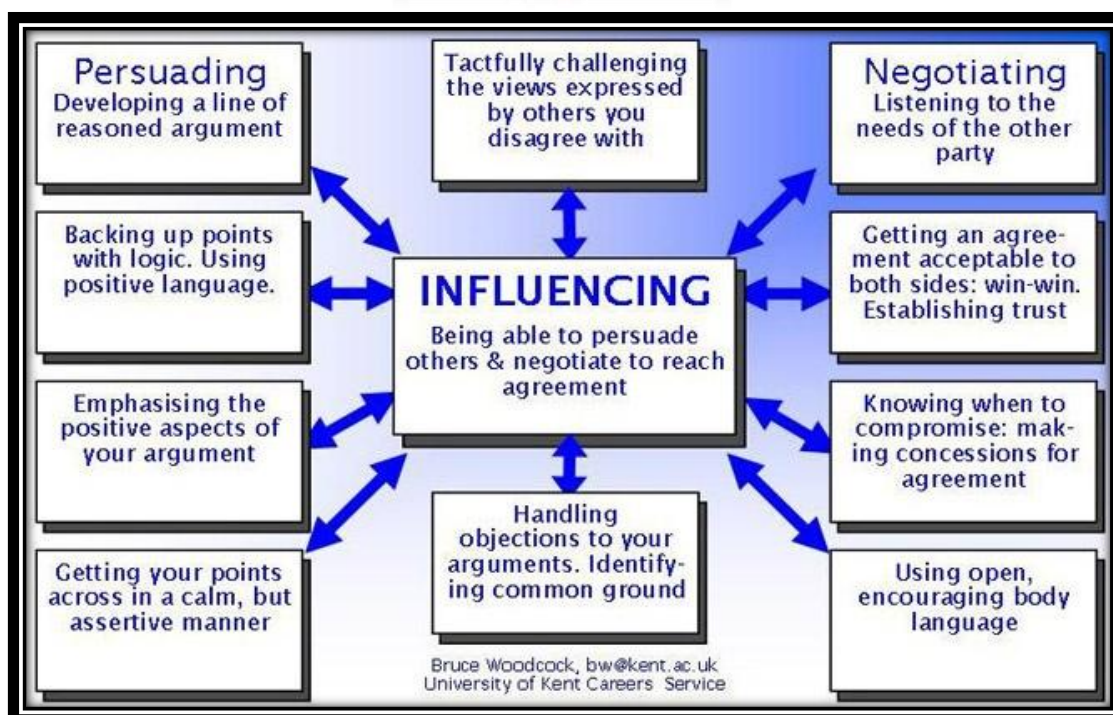
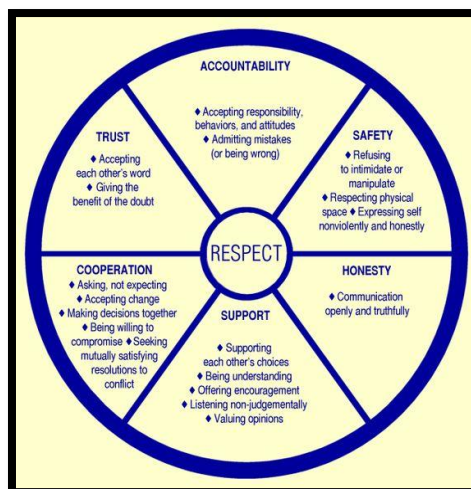
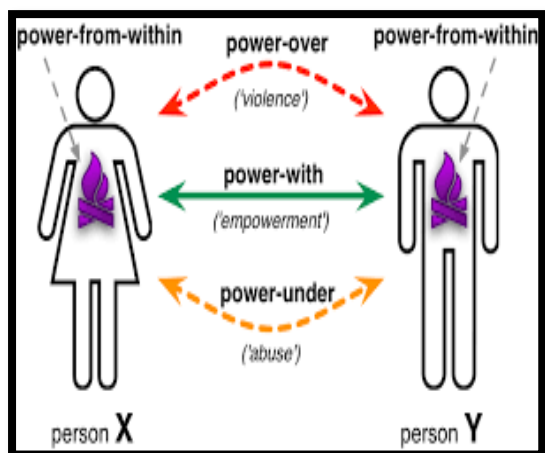
Intergenerational Challenges

By Dr Renu Malaviya



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

THEGOODVIBE.CO





ANNEXURE IV.

**C.V. of Resource Persons for the workshop on
"Promoting Intergenerational Bonding"
at Swami Sivananda Memorial Institute
on 16 March, 2018 from 09:30 a. m. to 12:30 p. m.**

Session I: Technical Session: Dr. Adarsh Sharma

Academic Qualifications:

**M.Sc. (Child Development): Baroda University, Ph.D.: Delhi University , Post
Doctoral Research: Pennsylvania State University, USA**

**Professional Training in various areas of Research & Management of Early
Childhood Education.**

**Receipient of many merit scholarships & Indian & Intrnational fellowships.
Receipients of many awards and honours.**

Experience:

- Lecturer Lady Irwin College, New Delhi
- Professor G.B. Pant University.
- Deputy Director, NIPCCID.
- Director, NIPCCID.
- Teaching, training, research & administrative experience of over 30 years.
Currently Consultant: WHO, UNICEF, ODA (UK), World Bank CARE, FANTA (AED).
- Written many books, chapters of books and many technical articles.
- Presented at 60 National & 35 International workshops, seminars & conferences.
- **Expert & Advisor on Early Childhood Care & Education.**

Session II: Legal Session: Adv. Shveta Gupta

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

Experience:

- Senior 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.

Session III: 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
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ANNEXURE V.

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



ANNEXURE VI.

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

ANNEXURE VIII.

Photographs



