REPORT OF

“PROMOTING INTERGENERATIONAL BONDING” Workshop
At Zakir Husain Delhi College, University of Delhi,
Jawaharlal Nehru Marg, New Delhi-110002 on 1 March, 2017
Supported by National Institute of Social Defence, Ministry of Social Justice
## Programme Schedule

**Zakir Husain Delhi College, University of Delhi**  
**Wednesday 1st March, 2017**  
**Time: 10:00 a.m. to 01:00 p.m.**

<table>
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<th>Time</th>
<th>Event</th>
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<td>10:00 a.m. to 10:05 a.m.</td>
<td>Welcome address: by Dr. R. Prabhakar Rao, Principal, Zakir Husain Delhi College</td>
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<td>10:05 a.m. to 10:10 a.m.</td>
<td>AIWEFA Introduction: by Ms Sarla Manchanda, Vice President, AIWEFA</td>
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<td>10:10 a.m. to 10:15 a.m.</td>
<td>Programme Introduction: Chief Guest, Mr. Anand Katoch, Director NISD</td>
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<td>10:15 a.m. to 10:20 a.m.</td>
<td>Lamp Lighting</td>
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<td>10:20 a.m. to 11:00 a.m.</td>
<td>Technical Session: Dr. Renu Malaviya</td>
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| 11:00 a.m. to 11:40 a.m. | **Panel discussion:** Chair: Prof. Dr. Adarsh Sharma  
|                          | Moderator: Dr. Renu Malaviya  
|                          | - Films /Videos  
|                          | - Case studies  
|                          | - Panel Discussion: HelpAge, Faculty & Students (ZHC Delhi College), AIWEFA  
|                          | - Laws, prevention and treatment: Ms. Bulbul Das  
|                          | - Remarks: Dr. Adarsh Sharma |
| 11:40 a.m. to 12:30 p.m. | **Activity Session:** Ms. Sunaina Mehra:  
|                          | Action by institutions and youth for fostering harmony among generations.  
|                          | - Club formation for continuing activity  
|                          | - Questionnaire Administration |
| 12:30 p.m. to 01:00 p.m. |  
|                          | - Feedback forms to be filled by students & faculty and questions from the students.  
|                          | - Vote of Thanks: by AIWEFA. |
A one day workshop was organized by All India Women’s Education Fund Association (AIWEFA) on “Promoting Ingnerational Bonding” supported by National Institute of Social Defence (NISD) Ministry of Social Justice, at Zakir Husain Delhi College, University of Delhi, from 10:00 a.m. to 01:00 p.m. on 1 March, 2017.

The theme was chosen to promote intergenerational interaction that is becoming a challenging scenario in the families during the adolescent period in particular. The rapidly changing society has resulted in eroding of the traditional cultural values, widening the gap in values, beliefs and attitudes between the generations. The growing youth trying to discover their identity and self-find themselves under immense pressure of being controlled and disciplined by family and other adults in the society to conform to the stereotype behavioral expectation. The breaking down of the harmonious group dynamics results in undesirable behavior patterns drifting the two generations apart instead of being a source of emotional support.

The workshop was very successful and well received. It was well attended by students of the college (mainly I year & II year students) and about adults (mainly senior citizens) from college faculty, AIWEFA executives and RWAs.

The event was well advertised through posters and word of mouth at the college. The NSS team of the college was of great help. Ms. Shraddha Singh, faculty, ZHD College, Dept. of English and also the convener of the workshop, Mr Mukesh Jain, Teacher Incharge, NSS of the college, Ms. Iqra Raza, a student leader, Kriti Kher, the student NSS president, along with other NSS volunteers extended wholehearted support in organizing the workshop very meticulously and smoothly.

The two banners were put up at strategic positions; one at the main gate of college and the other at the back gate. The banner was projected and was on the big dias screen most of the time. 3-4 posters were displayed out side the auditorium.
I INAUGURAL SESSION  
(10:00 a.m. to 10:20 a.m.)

The workshop commenced with a welcome address by Ms. Iqra Raza.

Mr. Riaz Umar, former Principal Zakir Husain Delhi College, inaugurated the workshop by lamp lighting, which was joined by Dr. Adarsh Sharma, Ms. Sarla Manchanda, Ms Shraddha Singh, Mr. Mukesh Jain and others.

In his inaugural address Mr. Riaz Umar told the audience about the history of the college emphasising on its rich cultural and social heritage. Most of the students at Zakir Husain come from joint families where respect for seniors is an integral part of growing up and later for a peaceful and harmonious living of different generations together. Yet the inter-generational gap has started surfacing and Mr. Riaz Umar urged the participants, not to let it widen and make every effort to narrow it down.

He spoke in apt Urdu and asked the participants not only to be polite with the elders but spend some quality time with them. He advised to listen to the stories of their glorious and meaningful past and take tips for self-development. He also advised the participants to make seniors more digital savvies so that the elders are able to understand the youth better and share and enjoy their interests. He told that college is physically situated at the junction of old and new Delhi and as such its students have the edge over other students to be exposed to old and new social scenarios and thus to old and new value systems of both the generations. They can pick up the best from both and spread the message too.

In his speech, Mr. Riaz Umar highlighted the achievements of prestigious Lady Irwin College founded by AIWEFA in 1932. Lady Irwin College is a premier institute in the field of Home Science in Asia. It has achieved high academic standards of international level and has exchange programmes as well, with universities of other countries. It has turned out several Masters & PhD students in all branches of Home Science. Mr. Riaz Umar mentioned that NISD is lucky, that AIWEFA is organizing this workshop as it has a big bank of subject-experts in the department of Human Development of Lady Irwin College. In turn AIWEFA is lucky to conduct such workshops as both AIWEFA & NISD have a common goal to promote intergenerational bonding.

Mr. Riaz Umar appreciated the role of NISD in taking care of the senior citizens and supporting such workshops for a peaceful and harmonious society.
Ms. Sarla Manchanda, Vice President, AIWEFA introduced her 87 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. AIWEFA’s 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. 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).

II. TECHNICAL SESSION
(10:20 a.m. to 11:00 a.m.)

Dr. Renu Malaviya, Associate Professor of Education Lady Irwin College and expert on Conflict Resolution of students, also the author of the book, entitled “Role Overload & Work-Family Conflicts: Managing Personal and Professional Life” conducted the technical session.

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. Renu Malaviya facilitated the session and elaborated on the challenges concerned in intergenerational interaction getting the students from the floor involved. The handout given by her clearly stated 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, whatsapp, 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.
III PANEL DISCUSSION
(11:00 a.m. to 11:40 a.m.)

The third session of panel discussion managed varied stake holders to express their viewpoints. Besides AIWEFA it included panelists from all the partner organisations, viz, Zakir Husain Delhi College faculty & students, legal expert and subject experts. The panel discussion was moderated by Dr. Renu Malaviya

Two short video films were also projected on the screen before starting the discussion.

Ms. Bulbul Das: A practicing Lawyer with special interest in Women’s & Children’s issues and Legal Advisor to many government and non-government organizations, spoke on ‘Promoting Intergenerational Bonding, elder abuse in India and the LAW.

She mentioned that it is only recently that in India we have begun to recognise that abuse of older people does occur in Indian Families. As the problem of elder abuse occurs mainly within a family setting it is important to understand the family dynamics.

The causes of abuse are complex, but isolation, physical and cognitive dependence, the psychopathology of the abusers, physical illness, financial stress, family violence etc. all contribute to older people being vulnerable to abuse. A study conducted in five developing counties—Argentina, Brazil, India, and Lebanon by WHO in 2002 reveals that disrespect is the most painful form of mistreatment identified by older adults in all countries and abandonment is becoming a serious problem. The predominant form of mistreatment is the neglect followed by financial abuse.

The breakdown of the joint-family system has adversely affected the status and Security of elderly. Earlier three generations used to live together in the same dwelling unit. The eldest male member controlled all financial and social affairs and the eldest female member managed the household matters. In the nuclear families elders feel helpless and lonely.

On 31st December 2007 the Parliament passed an Act which is known as the:
“THE maintenance & Welfare of Parents and Senior Citizens Act, 2007” This is an act to provide more effective provisions for the maintenance and Welfare of Parents & Senior Citizens guaranteed and recognised under the Constitution and for matters connected herewith.
Tribunals are set up in all districts of India and can even take up Suo Moto cases. The children, sons as well as daughters are legally responsible for looking after all the physical, economic and medical requirements of their parents and also of grandparents. Where there are no children, the relatives are duty bound to look after the elders if they are beneficiaries of their property. Normally elders are to file applications for maintenance in the Tribunals but any other person or NGO can also file on their behalf. Negligence to honour the order can result in the imprisonment of the respondent.

There is another provision under Civil Criminal procedure code u/s,125 crpc. Applications can be filed any any family court and orders have to be passed in a time bound manner.

Much more needs to be done for elder abuse and neglect as it is a problem which is on the increase.

Ms Shraddha Singh, convenor of the workshop and Mr. Mukesh Kumar Jain both shared there views that respecting seniors is very important as only those can flourish in life who have the blessings of their parents and grandparents. Parents shower their unconditional love on their children and it is the duty of the young generation to be respectful, caring and loving towards them.

The NSS student Tanya Chadha and Yathansh Prakash, students of NSS from Shivaji College also shared their experiences with their parents and grandparents. With digitization of most of the daily activities, the notion that the present generation is more knowledgeable is gaining ground; leading to loss of interest in the older generation and finally neglect. The gap is widening and will worsen unless timely remedial steps are taken. The seniors are hurt when ignored, they crave for attention and love and the young generation needs to spend time with them and small gestures of love and affection please them and make them feel happy and more secure. They related their personal experiences of interacting with grandparents and how valuable those moments were for them and they would cherish those for a long time.

Prof. Dr. Adarsh Sharma, Former Associate Professor of Child Development at University of Delhi, Professor at G.B.Pant University of Agriculture & Technology and Ambedkar University of Delhi. Former Director, National Institute of Public Cooperation and Child Development (NIPCCD), Ministry of Women & Child Development, GOI, the SUBJECT-EXPERT wrapped up the panel discussion with her comments. She highlighted the main points made in the presentations of panelists. She cited the scenario of generational clash portrayed so effectively in the Bellwood movie Bagban and mentioned that if
students present in the audience have seen it they would understand the sensitive issues involved in the theme. She pointed out that it is a matter of heart and stems from warmth one can convey which makes all the difference. Socialization within the family and warm parenting aimed at fostering human values can only ensure healthy bonding across generations. She ended by saying that it is hoped the effort of AIWEFA will make every one introspect and try to bring harmony in relationship and ensure dignity and respect for all concerned.

Dr. Adaarsh Sharma presented the vote of thanks on behalf of AWEFA.

**IV. ACTIVITY SESSION**

*(11:40 a.m. to 12:30 p.m.)*

The Activity session was the big draw with the students; they were getting excited like crazy. It was conducted by Ms. Sunaina Mehra, a young motivational speaker, with whom students could relate well and who boosted up the programme by different activities.

The main aim of the session was to reconnect the students with their parents and grandparents. The session started with posters on students’ ideas as how to promote the intergenerational bonding. All the students participated actively. In one particular activity about 100 students wrote down their short stories on a paper and 10 students shared their best and cherished memories with everyone.

She introduced a club formation through an App group for continuity of the activities related to the theme. She was very effective in expressing her views on what all the youngsters can do and should do to give happiness to their elders and parents. She pointed out that elders provide scaffoldings to children and do sacrifices so that the offsprings have the best during their growing years. This remains unnoticed by youngsters most of the time. She reminded that the young generation realizes how precious their presence was only after they are gone.

She also facilitated administration of the Questionnaire designed by AIWEFA to get a feedback from the students on the theme.

In the last activity the students burnt their negative thoughts in the form of chits and took pledge and promised that they will always respect and understand their parents and grandparents and fulfill their dreams.
V. CONCLUDING SESSION
(12:30 p.m. to 01:00 p.m.)

The whole workshop was a great success. Refreshments were served to all the participants. Feedback forms were filled.

CONCLUSION OF REPORT:

The Programme schedule, the questionnaire, the feedback form, the motivational handout by Dr. Renu Malaviya, and handout on “About AIWEFA” distributed to all the participants are attached. The acknowledgement letter from the Principal, Shivaji College is also attached. AIWEFA is also issuing “Certificate of Participation” to all the students who attended the workshop and “Certificate of Appreciation” to all those students who volunteered to help in the organisation of the workshop (attached) The attendance sheets of students and list of senior citizens are also attached the analysis of the Questionnaires and Feedback forms are also attached.
All India Women’s Education Fund Association (AIWEFA)

Students’ Questionnaire
“PROMOTING INTERGENERATIONAL BONDING”

College: ___________________________

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
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 from 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)
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Tel:011-2331 8376, 2373 8922 | E-mail: aiwefa29@gmail.com | Website: www.aiwefa.org
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
All India Women’s Education Fund Association (AIWEFA)

Certificate of Participation

This is to certify that ________________________________

Student of ________________________________

has attended Promoting Intergenerational Bonding Workshop.

Ms. Asha Chandra
President, AIWEFA

Dr. Prabhakar Rao
Principal, Zakir Husain Delhi College

Certificate of Appreciation

This is to certify that ________________________________

Student of ________________________________

has attended Promoting Intergenerational Bonding Workshop.

Ms. Asha Chandra
President, AIWEFA

Dr. Prabhakar Rao
Principal, Zakir Husain Delhi College
To whomsoever it may concern

This is to certify that half day workshop was conducted by all India Women’s Education Fund Association (AIWEFA) today at Zakir Husain Delhi College, University of Delhi from 10:00 a.m. to 1:00 p.m. on ‘Promoting Intergenerational Bonding’, sponsored by National Institute of Social Defence (NISD), Ministry of Social Justice & Empowerment.

The workshop was excellent and motivational attempt to bridge the intergenerational gap.

Date: 1st Mach 2017
New Delhi

(Dr. Prabhakar Rao)
Officiating Principal