

**CHRIST (Deemed to be University), Bangalore Central Campus  
School of Education**

**Activity Report**

**General Information**

Type of Activity	Workshop
Title of the Activity	One-Day Awareness/Sensitisation Programme On Inter-Generational Bonding in Colleges
Date	31 <sup>st</sup> January, 2026
Time	9:00 AM – 1:30 PM
Venue	CHRIST (Deemed to be University), Central Campus, Bangalore, R&D Block, Room No. 530, 5 <sup>th</sup> Floor
Collaboration/Sponsor	Grant provided by the National Institute of Social Defence (NISD), the Ministry of Social Justice and Empowerment, Government of India  Organised by CHRIST (Deemed to be University)

**Speaker/Guest/Presenter Details**

1.	Name	K M Pavithrakshmi
	Title/Position	Ph.D Scholar
	Organization	CHRIST (Deemed to be University), Central Campus, Bangalore
	Title of Presentation	“Introduction to Intergenerational Bonding”
2.	Name	Vardhini Krishnamurthy

	Title/Position	Clinical Psychologist, Ph.D Scholar,
	Organization	CHRIST (Deemed to be University), Central Campus, Bangalore
	Title of Presentation	“Intergenerational Learning: Knowledge, Skill and Traditional Exchange Between Generations”
3	Name	Diya Elizabeth Dennis
	Title/Position	Ph.D scholar
	Organization	CHRIST (Deemed to be University), Central Campus, Bangalore
	Title of Presentation	“Community Engagement and Government Policies to Promote Intergenerational Bonding”

#### Participants profile

Type of Participants	Students of 4 BEd
No. of Participants	90+

#### Synopsis of the Activity (Description)

Highlights of the Activity	<ol style="list-style-type: none"> <li>1. Developed a clear understanding of the generation gap and how different social, cultural, and technological contexts shape generational perspectives.</li> <li>2. Engaged in interactive group discussions identifying what youth can learn from elders (traditions, values, patience, life skills) and what elders can learn from youth (digital literacy, modern awareness, and technological skills).</li> <li>3. Explored the role of AI and digital tools in improving intergenerational communication, language connection, and digital financial literacy.</li> <li>4. Reflected on key challenges such as digital divide, privacy concerns, over-reliance on technology, and the risk of losing human connection.</li> <li>5. Examined the importance of community engagement,</li> </ol>
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	<p>inclusive intergenerational spaces, and addressing ageism, social isolation, and mental well-being.</p>
<p>Key Takeaways</p>	<ol style="list-style-type: none"> <li>1. Intergenerational learning is a two-way exchange of knowledge, skills, values, and experiences.</li> <li>2. Technology can bridge generational gaps when used responsibly and with proper digital awareness.</li> <li>3. Mutual respect, empathy, and open communication are essential to strengthen intergenerational relationships.</li> <li>4. Intergenerational bonding promotes emotional well-being, cultural continuity, and social inclusiveness.</li> </ol>
<p>Summary of the Activity</p>	<p>The workshop provided a comprehensive understanding of intergenerational bonding through interactive discussions, group work, and reflective exercises. The first session introduced the concept of the generation gap and explored the role of technology and AI in improving communication and digital financial literacy, while also addressing associated opportunities and challenges.</p> <p>The second session focused on intergenerational learning as a mutual exchange of knowledge, skills, and values. Discussions highlighted how elders pass on traditions, cultural values, and life skills, while youth contribute technological knowledge and modern perspectives. Barriers such as stereotypes, communication gaps, and resistance to change were also examined.</p> <p>The third session emphasised community engagement and the need for inclusive intergenerational spaces. It addressed issues such as ageism, social isolation, and the mental health benefits of intergenerational interaction, and introduced models of intergenerational living. Overall, the activity reinforced the importance of building meaningful connections, mutual respect, and collaboration across generations.</p>

Follow-up plan	<ul style="list-style-type: none"> <li>● Make conscious efforts to engage in meaningful conversations with people from different age groups.</li> <li>● Support elders in developing digital literacy and confidence in using technology safely.</li> <li>● Challenge personal assumptions and stereotypes related to age.</li> <li>● Promote intergenerational respect, empathy, and shared learning in personal and educational contexts.</li> </ul>
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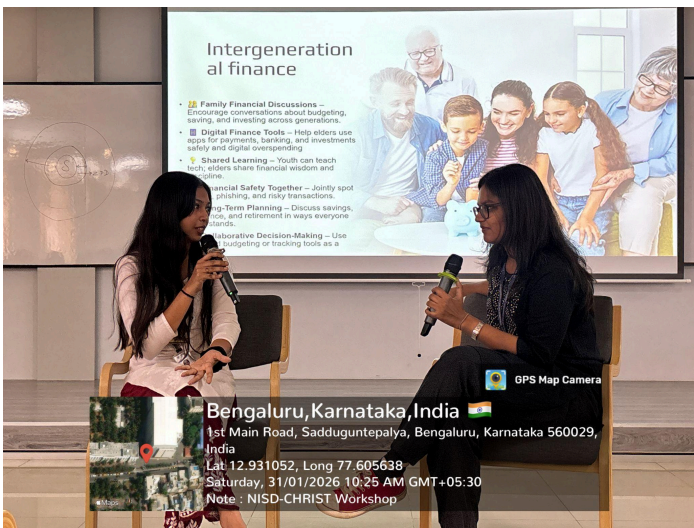
**Report prepared by:**

Name	Christine M Lyngkhoi Christine Varsha R
Designation/Title	4BEd Students

**Annexure:**

**1. Photos of the activity**





## 2. Attendance list of participants

31/01/2026  
Sensitization program  
on Inter-generational  
Bonding in Colleges

**SCHOOL OF EDUCATION  
II BEd**

Reg.No.	Full Name	9-10 AM	10-11 AM	11-12 PM	
2432101	Aashna Raheja	Ab	Ab	Ab	Ab
2432104	Alta Mariya Jills	Ab	Ab	Ab	Ab
2432106	Amala Mary Thomas	Ab	Ab	Ab	Ab
2432107	Anaswara KP	Ab	Ab	Ab	Ab
2432108	Arun Surya E.S	Ab	Ab	Ab	Ab
2432109	Athira B	Ab	Ab	Ab	Ab
2432110	Brigito Venitia V.	Ab	Ab	Ab	Ab
2432111	Celin C D	Ab	Ab	Ab	Ab
2432113	Christina Oommen	Ab	Ab	Ab	Ab
2432114	Christine Mirthy Lyngkholi	Ab	Ab	Ab	Ab
2432115	Christine Varsha R	Ab	Ab	Ab	Ab
2432116	Devi Nandana A	Ab	Ab	Ab	Ab
2432117	Devika M.S	Ab	Ab	Ab	Ab
2432119	Gabriya Merlin	Ab	Ab	Ab	Ab
2432120	Gitika Prakash	Ab	Ab	Ab	Ab
2432121	Godson Babu	Ab	Ab	Ab	Ab
2432122	Hima Poulouse	Ab	Ab	Ab	Ab
2432123	Jobin Thomas	Ab	Ab	Ab	Ab
2432124	Joyce Susan Thomas	Ab	Ab	Ab	Ab
2432125	Julia Satwi Karre	Ab	Ab	Ab	Ab
2432126	Kavin Kumar M	Ab	Ab	Ab	Ab
2432127	Kavya S	Ab	Ab	Ab	Ab
2432128	M N Kumud Vahini	Ab	Ab	Ab	Ab
2432129	Manoj Ramani	Ab	Ab	Ab	Ab
2432130	Maria Philip	Ab	Ab	Ab	Ab
2432131	Meghana Shaiby	Ab	Ab	Ab	Ab
2432133	Merlin K	Ab	Ab	Ab	Ab
2432134	Nikkitha Terasa	Ab	Ab	Ab	Ab
2432135	Resham George	Ab	Ab	Ab	Ab
2432136	Rohini Gangatkaar A M	Ab	Ab	Ab	Ab
2432137	Sabna Ashok	Ab	Ab	Ab	Ab
2432138	Sagaya Mariya	Ab	Ab	Ab	Ab
2432139	Sara J	Ab	Ab	Ab	Ab
2432140	Satnam Kaur	Ab	Ab	Ab	Ab
2432141	Sherin Elizabeth Mathew	Ab	Ab	Ab	Ab
2432142	Shreya S	Ab	Ab	Ab	Ab
2432143	Sreejith P Kumar	Ab	Ab	Ab	Ab
2432144	Sreelekshmi S	Ab	Ab	Ab	Ab
2432145	Sruthi Onachan	Ab	Ab	Ab	Ab
2432146	Tenzin Choeying	Ab	Ab	Ab	Ab
2432147	Thejaswitha Biju	Ab	Ab	Ab	Ab
2432148	Tia Peter	Ab	Ab	Ab	Ab
2432149	Tina Ann Thomas	Ab	Ab	Ab	Ab
2432150	Toms Joseph	Ab	Ab	Ab	Ab
2432151	Anita Mona Lisa	Ab	Ab	Ab	Ab
2432152	Ann Mary Ukken	Ab	Ab	Ab	Ab
2432153	Promodini Toppo	Ab	Ab	Ab	Ab
2432154	Ancy Antony P	Ab	Ab	Ab	Ab
2432201	Amrita S.	Ab	Ab	Ab	Ab
2432202	Angela Cherian	Ab	Ab	Ab	Ab
2432203	Anjali Wilfred	Ab	Ab	Ab	Ab

2432204	Ann Liz Charly	Ann Liz	Ann Liz	Ann Liz	Ann Liz
2432205	Anusha B	Anusha B	Anusha B	Anusha B	Anusha B
2432206	Anusha Shalet D souza	Anusha B	Anusha B	Anusha B	Anusha B
2432207	Anusree J Nair	Anusree J	Anusree J	Anusree J	Anusree J
2432208	Ardra Jose	Ardra Jose	Ardra Jose	Ardra Jose	Ardra Jose
2432209	Ashit Tigga	Ashit Tigga	Ashit Tigga	Ashit Tigga	Ashit Tigga
2432210	Ashrifa M S	Ashrifa M S	Ashrifa M S	Ashrifa M S	Ashrifa M S
2432211	Athira Ramprasad	Athira Ramprasad	Athira Ramprasad	Athira Ramprasad	Athira Ramprasad
2432212	Bipin Mathew	Bipin Mathew	Bipin Mathew	Bipin Mathew	Bipin Mathew
2432213	Divya Ann Chacko	Divya Ann Chacko	Divya Ann Chacko	Divya Ann Chacko	Divya Ann Chacko
2432214	Divya Darshan	Divya Darshan	Divya Darshan	Divya Darshan	Divya Darshan
2432215	Divya Susheela K	Divya Susheela K	Divya Susheela K	Divya Susheela K	Divya Susheela K
2432216	Edwin Davis	Edwin Davis	Edwin Davis	Edwin Davis	Edwin Davis
2432217	Falguni Thapa	Falguni Thapa	Falguni Thapa	Falguni Thapa	Falguni Thapa
2432218	G. Dhara	G. Dhara	G. Dhara	G. Dhara	G. Dhara
2432219	Gauri Unnikrishnan	Gauri Unnikrishnan	Gauri Unnikrishnan	Gauri Unnikrishnan	Gauri Unnikrishnan
2432220	Gladson Babu	Gladson Babu	Gladson Babu	Gladson Babu	Gladson Babu
2432221	Harsha Kumari	Harsha Kumari	Harsha Kumari	Harsha Kumari	Harsha Kumari
2432222	Hrithik S	Hrithik S	Hrithik S	Hrithik S	Hrithik S
2432223	Jahnvi P	Jahnvi P	Jahnvi P	Jahnvi P	Jahnvi P
2432224	Jane Carolin A	Jane Carolin A	Jane Carolin A	Jane Carolin A	Jane Carolin A
2432225	Jeff Savio D'Cruz	Jeff Savio D'Cruz	Jeff Savio D'Cruz	Jeff Savio D'Cruz	Jeff Savio D'Cruz
2432226	Kalyanee Sahu	Kalyanee Sahu	Kalyanee Sahu	Kalyanee Sahu	Kalyanee Sahu
2432227	Kimberley Muzeyi	Kimberley Muzeyi	Kimberley Muzeyi	Kimberley Muzeyi	Kimberley Muzeyi
2432228	Kripa Elsa Koshy	Kripa Elsa Koshy	Kripa Elsa Koshy	Kripa Elsa Koshy	Kripa Elsa Koshy
2432229	Lalrinsangi	Lalrinsangi	Lalrinsangi	Lalrinsangi	Lalrinsangi
2432230	Layana Christopher	Layana Christopher	Layana Christopher	Layana Christopher	Layana Christopher
2432231	Liya B Jacob	Liya B Jacob	Liya B Jacob	Liya B Jacob	Liya B Jacob
2432232	Merlin Pious	Merlin Pious	Merlin Pious	Merlin Pious	Merlin Pious
2432233	Merlin Richa	Merlin Richa	Merlin Richa	Merlin Richa	Merlin Richa
2432234	Neeha Sooraj Chacko	Neeha Sooraj Chacko	Neeha Sooraj Chacko	Neeha Sooraj Chacko	Neeha Sooraj Chacko
2432235	Nishitha K	Nishitha K	Nishitha K	Nishitha K	Nishitha K
2432236	P Shreiya Meenakshi	P Shreiya Meenakshi	P Shreiya Meenakshi	P Shreiya Meenakshi	P Shreiya Meenakshi
2432237	Rakshita Kavaloor	Rakshita Kavaloor	Rakshita Kavaloor	Rakshita Kavaloor	Rakshita Kavaloor
2432238	Rani T Jose	Rani T Jose	Rani T Jose	Rani T Jose	Rani T Jose
2432239	Ritika Raj Kumar Sharma	Ritika Raj Kumar Sharma	Ritika Raj Kumar Sharma	Ritika Raj Kumar Sharma	Ritika Raj Kumar Sharma
2432240	Saranya K	Saranya K	Saranya K	Saranya K	Saranya K
2432241	Scaria Leo Thomas	Scaria Leo Thomas	Scaria Leo Thomas	Scaria Leo Thomas	Scaria Leo Thomas
2432242	Shruti Nair	Shruti Nair	Shruti Nair	Shruti Nair	Shruti Nair
2432243	Siamlalom	Siamlalom	Siamlalom	Siamlalom	Siamlalom
2432244	Sneha Mary Sabu	Sneha Mary Sabu	Sneha Mary Sabu	Sneha Mary Sabu	Sneha Mary Sabu
2432245	Sona Joy	Sona Joy	Sona Joy	Sona Joy	Sona Joy
2432246	Sripriya K S	Sripriya K S	Sripriya K S	Sripriya K S	Sripriya K S
2432247	Tresa Sebastian	Tresa Sebastian	Tresa Sebastian	Tresa Sebastian	Tresa Sebastian
2432248	Vanessa Luke	Vanessa Luke	Vanessa Luke	Vanessa Luke	Vanessa Luke
2432249	Veeresh K R	Veeresh K R	Veeresh K R	Veeresh K R	Veeresh K R
2432250	Yashika Pascal	Yashika Pascal	Yashika Pascal	Yashika Pascal	Yashika Pascal

### 3. Poster of the activity



**CHRIST**  
(DEEMED TO BE UNIVERSITY)  
BANGALORE | DELHI NCR | PUNE

## ONE DAY AWARENESS/ SENSITIZATION PROGRAMME ON INTER-GENERATIONAL BONDING IN COLLEGES

### ARE WE READY FOR INDIA'S AGING POPULATION?

India's elderly population is projected to reach 193.4 million by 2031, nearly doubling from 103.8 million in 2011. This rapid increase highlights the importance of fostering meaningful connections between generations, where families and communities actively engage with and support older adults, promoting mutual care, understanding, and shared experiences.

### WHAT CHALLENGES DO OUR ELDERS FACE TODAY?

Senior citizens often face multiple challenges that require specialized attention and support, making it crucial to address these issues through comprehensive primary care, including major challenges such as :

- Healthcare
- Economic challenges
- Social support
- Infrastructure
- Accessibility
- Legal & policy challenges

### BRIDGING GENERATIONS, EASING AGING



Understand Aging & Health



Break Social Barriers



Opportunity to Learn



Community Building



Support for Caregivers



Helpline

National Helpline for Senior Citizens (Elder line) with toll-free number 14567



Digital Literacy

Encouraging digital literacy among seniors enhances their independence, connectivity, and access to essential services



Social Connectedness

Support groups and shared experiences empower caregivers to navigate the demands of elder care while prioritizing their own well-being

## 4. Feedback Summary

Feedback was collected through a Google Form consisting of rating-scale items, multiple-choice questions, and short open-ended responses.

Participants indicate high satisfaction with the Intergenerational Bonding workshop. Most respondents reported that the programme enhanced their understanding of intergenerational relationships and strengthened their awareness of communication strategies across age groups. A large number of participants rated their overall experience positively and expressed willingness to recommend the workshop to others.

Many participants appreciated the interactive nature of the sessions, group discussions, and practical activities, describing them as engaging and meaningful. Open-ended responses highlighted interaction, activities, and collaborative learning as key strengths of the programme. Most respondents indicated that no major changes were required, while a few suggested increasing group activities and incorporating more real-life examples. Overall, the feedback indicates that the workshop was well-organised, relevant, and effective in achieving its objectives.

## **5. Impact Analysis**

The workshop had a positive impact on participants by strengthening their understanding of intergenerational bonding and its importance in contemporary society. It enhanced their ability to communicate empathetically with people from different age groups and encouraged open-mindedness, mutual respect, and active listening.

Participants demonstrated increased awareness of the value of shared learning between generations and expressed motivation to apply these insights in personal and social contexts. Many reported intentions to spend more time with elders, challenge stereotypes, and engage more proactively in intergenerational interactions. The programme also promoted social responsibility, emotional well-being, and inclusive thinking. Overall, the workshop contributed meaningfully to building socially aware, empathetic, and responsible individuals capable of fostering stronger intergenerational relationships

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