



CENTRE FOR THE STUDY OF SOCIAL CHANGE REGIONAL RESOURCE & TRAINING CENTRE, MUMBAI

REPORT

ONE DAY INTERGENERATIONAL BONDING MELA YEAR 2022-2023



Report One Day Awareness Programme for Intergenerational Bonding Mela

**Centre for the Study of Social Change
Regional Resource & Training Centre
in Collaboration with
Yashwantrao Chavan Centre**

Program Schedule

Date: Friday - 24/03/2023
Hall/Auditorium: Rangswar, 4th Floor

SESSION I

Inaugural Program

Anchoring by Dipika Sherkhane -

Sr. No.	Time	Duration	Items /Program
1	9:30 am to 10:15 am	45 Min	Registration & Tea-Biscuits at Virangula Painting Activity at below Hanqing Lamp
2	10:16 am to 10:20 am	5 Min	Flute by Ajay Panvalkar from Wilson College
	10:21 am to 10:25 am	5 Min	Song by Samruddhi Poojari from Wilson College
	10:31 am to 10:34 am	3 Min	Welcome by Dipti Nakhle - CEO YCC
	10:35 am to 10:38 am	3 Min	YCC Role by Vijay Kanhekar - Organizer HDSC-YCC
	10:39 am to 10:42 am	3 Min	Speech by Datta Balsaraf - Program Organizer YCC
	10:43 am to 10:46 am	3 Min	Speech of Hon. Supriya Tai - Working President, YCC (Through Video)
	10:47 am to 10:54 am	7 Min	Introductory speech by Adv. Nirmala Samant Prabhavalkar Ex-Mayor Mumbai; Chief functionary, CSSC, RRTC, Mumbai
	10:55 am to 11:02 am	7 Min	Speech by Chief Guest-Hon. Hemant Takale, Treasurer & I/c Gen. Secy.
3	11:03 am to 11:29 am	25 Min	Felicitation of six Senior Citizens for their contribution to society (Reading) & Award Distribution 1. Dr. Vinodini Pradhan 2. Mrs. Mahisha Pradeep Kotak 3. Dr. Rekha Bhatkhande 4. Dr. Avinash Phatak 5. Dr. Ramesh Potdar 6. Mr. G. G. Parekh

SESSION II

Anchoring by Hejal Nyaynit -

Cultural Program

Section Break/Continuous

Sr. No.	Time	Duration	Items /Program
4	11:40 am to 12:40 pm	1 Hr	Orchestra by Swami Virangula Kendra Vadya Vrund
5	12:41 pm to 12:56 pm	15 Min	Speech by Akanksha Singh from Wilson College

Entertainment / Talent Show Program

Anchoring by Hejal Nyaynit -

Sr. No.	Time	Duration	Session	Speaker/Activity By
6	01:00 pm to 02:00 pm	1 Hr	LUNCH	
7	02:01 pm to 02:30 pm	30 Min	Band by Youth	YCC Youth
8	02:31 pm to 02:50 pm	20 Min	Topic- Bridging between Sr. Citizens & Youth for strong Bonding	Mr. Arun Rode, President of FESCOM Maharashtra
9	02:51 pm to 03:05 pm	15 Min	On the spot Activity	Santosh Mekale, Vertical Head Youth Dept-YCC
10	03:06 pm to 03:30 pm	25 Min	Add Mad Competition	Sr. Citizens & Youth
11	03:31 pm to 03:45 pm	15 Min	Drama by Sr. Citizens	Daycare Centre CSSC-RRTC
12	03:46 pm to 04:00 pm	15 Min	Fashion walk	Sr. Citizens & Youth
13	04:01 pm to 04:15 pm	15 Min	Prize distribution of the Participants	YCC-CSSC
14	04:16 pm to 04:20 pm	5 Min	Painting Display	YCC Youth
15	04:21 pm to 04:25 pm	5 Min	Vote of Thanks	Mrs. Dipika Sherkhane Vertical Head , HDSC-YCC
16	04:25 pm to 04:27 pm	3 Min	National Antham	-
17	04:30 pm		TEA TIME	

Introduction:

National Institute of Social Defence (NISD) is the training Institute of Ministry of Social Justice & Empowerment (MSJE) GOI. The Centre for the Study of Social Change (CSSC) is the Nodal Agency recognized as Regional Resource & Training Centre (RRTC) for Senior Citizens & their issues. CSSC, RRTC works under the aegis of MSJE for implementation of all programmes and policies prepared by the dept. of Social Justice Govt. of India. One of the mandates is to create awareness amongst senior citizens about the problems they faced during old age.

Background of the programme:

In connection with the above introduction the Regional Resource & Training Centre (RRTC) under Centre for the Study of Social Change (CSSC), Mumbai conducted a one day Intergenerational Bonding Mela (Offline Mode) on Friday, 24th March, 2023, from 9:00 am to 4:30 pm at Rangswar, 4th floor, Yashwantrao Chavan Centre, Mumbai, Maharashtra, 400021.

Theme: Intergenerational Bonding between the younger generation & Elder Adult.

Aims & Objectives of the program

- To enrich the youth's approach to look at elder adults with traditional values and culture of joint family which is becoming outdated in present times.
- To preserve the intergenerational bonding and nourish it with further awareness about empathy and love for senior citizens.
- To make them understand the importance of good mental health and make them aware about their contribution to the society and for themselves of becoming old in course of time.
- Visiting old age homes and making them aware of its environment.
- Teach the elder adults new digital technology of handling mobile, laptop, computer etc.

Target Group : Senior citizens, students

Registration of Senior citizens & Tea, Biscuits for participants



Sequence of the program



An artist **Ajay Panvalkar**, who is the student of Wilson college who is partially blind, played the flute as a welcome gesture. Thereafter, another artist **Samruddhi Poojari**, student of Wilson college, played a song (Marathi Abhang) for the audience.

Mrs. Dipti Nakhle (CEO- YCC):



She welcomed the audience on behalf of Yashwatrao Chavan Centre (YCC). In her speech, she gave her valuable thoughts about the importance of Intergenerational Bonding. She said that YCC has a senior citizen department for the State of Maharashtra. The said department has been taking district wise and to some extent taluka wise, awareness workshops. The institute (YCC) has been organizing various camps and mela's for distribution of many items such as hearing aid, spectacles, walking sticks and other medical implants etc. She even mentioned Intergenerational Relationships can energize older adults as well as help to reduce the likelihood of depression and loneliness.

Mr. Sharad Dicholkar: Secretary of Fescom, Maharashtra



He came up with the dual pointers of intergenerational bonding where he informed everyone

how Relationship building and communication between older and younger individuals can help to dismiss stereotypes and encourage honest, open communication. He explained what intergenerational bonding is. He elaborated on the essence of intergenerational bonding, which revolves around coming together to build a relationship and connecting with senior citizens. He believes that it is an opportunity to provide stimulation, indulge in daily interactions, and learn new skills, share life stories, along with developing empathy, mutual respect and understanding. He spoke about the problems we are facing today with regards to the topic, including lack of effective communication, lack of initiative, one's own emotional distress and biased ways of thinking, all of which lead to a generation gap. In addition, in today's world, the fast-paced life, excessive focus on career goals and modernization also add to the issue. He discussed that Intergenerational Bonding is important to promote physical and mental well-being, manage isolation and social anxiety and provide a sense of fulfillment. It also helps in keeping the family history alive, preserving the cultural heritage, inculcating family values, allowing both the generations to benefit from mutual interdependence.

Mr. Datta Balsaraf - program organiser-YCC:



He said that intergenerational bonding is alternative of medication. In an effort to improve the quality of life and strengthen the relationship among young people and the aging population, some studies are exploring target intergenerational programming as an

alternative to medication for some aging populations facing depression and dementia. He further added in an August 2017 study by Pacific University, one group of elderly participants showed a decrease in depression and an increase in self-ratedmental health when they were exposed to intergenerational programming. He also mentioned how it is beneficial for youth. He stated that for youth, there are also meaningful benefitsfrom intergenerational connections.

Some research has suggested that youth improve academically.

In addition, some research has shown changes in attitude and their perception of older adults due to the connection between youth and older adults.

He concluded by saying that One key to successful youth and older-adult relationships is investing in quality time. Fostering generational connections assists in valuing a different generational perspective and building a stronger overall community.

Adv. Nirmala Samant Prabhavalkar EX- mayor Mumbai, Chief Functionary, CSSC, RRTC, Mumbai.



In introductory speech she stated the benefits of intergenerational bonding. Interaction between these two generations helps to reduce depression. She spoke on rise in the population of senior citizens in our country which is also creating various challenges. Hence, one of the challenge is to keep both generation together for exchange of activities, learning from each other

and sharing the experiences of their lives. Therefore, intergenerational bonding is the need of the hour for everyone. It has immense benefit which are as follows:

- It provides an opportunity for both to learn new skills.
- It gives the child and the older adult a sense of purpose.
- Helps children to understand and later accept their own aging.
- It prevents the isolation and loneliness of older adults.
- Intergenerational sharing helps in keeping family stories, history alive and ongoing from generation to generation.
- It is an aid in cognitive stimulation as well as broadening social circles especially when the youth introduces new technology into the life of older adults.
- It also improves mental health so that they can perform better on memory tests, and those with dementia also experience positive effects.

It increases their self-worth and self-esteem along with improved performance.

Hence, she concluded that Developing connections with a younger generation can help older adults feel a greater sense of fulfilment.

Mr. Hemant Takle , treasurer and I/C Gen. Secretary. (YCC)



He started his speech with acknowledgement of the importance of the said subject. He said that he

has read the literature, poems of many eminent writers who have written in depth on the problems of senior citizens. He said that during his journey as a legislature he has worked with the govt. of Maharashtra to create awareness on this issue. He pointed out that aging elder adults, after retirement live alone and they become lonely as they get disconnected with society. He said that we need to understand that living alone is not the only factor that can lead to social isolation of a senior citizens but the family and the caregivers may also experience feelings of loneliness in assisted living in communities.

He questioned the audience that did they know isolation and loneliness are even associated with an increased risk for chronic disease and cognitive decline? Alternatively, regular social interactions, engaging in conversation, playing games and partaking in group activities, keep our minds sharp. Studies have shown that cognitive stimulation can help slow the decline of dementia in its early stages, suggesting that social interactions and activities are especially important for seniors living with Alzheimer's and other dementias. Unfortunately, these are often the very people who experience lack of stimulation and isolation.

Then he said that there is a solution of these ongoing problems and said fortunately, there's an easy fix to this dilemma it's called intergenerational bonding. Bringing the gap between seniors and children or young adults through planned, mutually beneficial activities and programs is one way to help seniors feel connected to others and provide much-needed stimulation. Across the country, more communities, organizations, senior living communities and schools are incorporating intergenerational programs to benefit both the old and the young.

Felicitations of six senior citizens for the contribution to the society.

In the program the six senior citizens were felicitated with an award for their renowned contribution towards society, they are: They have helped different sections of the society with their full potential and determination and hence to motivate them RRTC has given them a token of appreciation .



1.Dr. Vinodini Pradhan: She is practicing family physician and 60 years rendering voluntary services to various organizations as a doctor. She worked for many social organizations like leprosy eradication, rural development, Sr. Citizens welfare and women's empowerment.



2.Mrs. Mahisha Pradeep Kotak: She is hard-core Activist since last 35 years. During Covid pandemic time she took special care of Sr. Citizen who were under depression and frustration due to covid fear. But she gave vaccination, created isolation beds and saved the lives of all Sr. Citizens. She is running old age home in Palghar district.



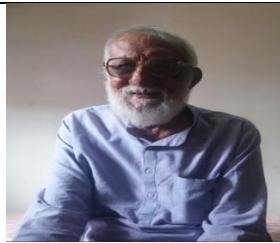
3.Dr. Rekha Bhatkhande: She is Consultant Gastroenterologist in practice in Mumbai for last 40 years. She is Dean of Shushrusha Citizen's Cooperative Hospital, Mumbai. She is Vice-President of FESCOM (Federation of Senior Citizens of Maharashtra) Mumbai region.



4.Dr. Avinash Phatak: Founder member of Swastik Foundation (Divija Old Age home, at oost Asalde, Taluka Kankavli, Dist. Sindhudurg). Divija old age home has been awarded by Loksatta in Sarvakayu Sarvada Loksatta.



5.Dr. Ramesh Potdar: Hon. Pediatrician & Teacher, Kasturba Hospital (Infectious diseases) and Nair Hospital /TN Medical College (General & Academic pediatrics Services, Research and Education for 23 years. (In white shirt and grey pant)



Because of old age he did not come for programme. We delivered the award to his home

6. Mr. G. G. Parekh: Veteran Socialist and freedom fighter, who participated in 1942 'Quit India Movement'. In the 1950s, GG started his medical practice in Mumbai and campaigned for socialism. When Maharashtra was being reorganized and communal tensions rose, He started the Yusuf Meherally Centre (YMC) in a single room at the historic Gowalia Tank Mumbai in 1961 with the objective of integrating the people.

The profile of the all-awardees senior citizens attached with the report.



Orchestra by Swami virangula Kendra vadya vrund:

The members of the orchestra were filled with senior citizens, showcasing their immense talent through music and also proved that they are capable of everything the youth can do. This shows the possibilities of harmony between generations. Different instruments were played by different members and every one was specialist of their own instruments.



This cultural program was conducted for both the audience consisting of senior citizen as well as youth generation.

Entertainment/ talent show by youth and senior citizens:

Speech by Ms. Akanksha Singh, student of Wilson college



A youth speaker who gave an inspiring speech on intergenerational bonding and stated the reason behind the gap between generations with the help of small and mini incidents happening in day to day life and she also came up with the solution that the bridge between generations can be built the relation of friendship between the generations.

Her speech was an eye opener for the people having the dust of orthodox thought process in the mind.

She spoke about both seniors' citizens and youth in her speech and she showed the middle path for both the generation to walk together and achieve their goals.

Speech by Mr. Arun rode (President of FESCOM Maharashtra)



He came up with the topic of why intergenerational bonding is important:

Intergenerational relationships refer to the chain of relationships between aging parents, adult children, grandchildren and even great-grandchildren. There's a certain reciprocity between each family member that benefits each of the generations. For instance, seniors have lived lives full of all kinds of experiences and can offer a wealth of knowledge and support to their grown children and grandchildren. Meanwhile, adult children often help their parents when they become limited by health or mobility, at the same time supporting their own younger children.

Finally, the youngest generation provides affection, happiness, and can often provide assistance with tasks that involve technology – have you ever seen how quickly a teenager can figure out a new cell phone or remote control?

It's easy to see how these intergenerational relationships present a cyclical pattern of love, care and support among each member of the family. Children and teens see enhanced social skills

and more stability in their daily lives, which can help them do well in school and steer clear of negative influences. Likewise, seniors who are close to their children and grandchildren are often healthier, less lonely, and are more involved in the world around them.

These same benefits also apply to generations who are not related. Growing intergenerational friendships with others can offer a unique perspective on life, as the older generations help the younger ones learn what to expect in their futures and offer advice to ensure they're living their best lives. In turn, a younger person can help someone older be a little more adventurous, getting them out of their daily routines. Both parties can benefit from these different perspectives and approaches to life.

How to Build Family Relationships Among the Generation:

Intergenerational relationships help strengthen families, the individuals and the community by bringing everyone together. If you're wondering how, you can promote these relationships within your own family, start by scheduling regular family get togethers. Then, decide on some activities that will get everyone involved. For instance, teach your children and grandchildren your favorite card game or put a puzzle together. Let the kids show you how to play the newest video game or have them bring over some board games that are fun for all ages.

He concluded that, if we can improve the standing of older adults in society, and nurture what they can bring through intergenerational connections, then we can achieve a better community with a better quality of life for all ages.

Add- mad competition:

In this competition both youth and senior citizens participated together. In this game each pair consisting of senior citizens and youth had to advertise a negative quality of products in a humorous way for e.g. they had to advertise a product of toothpaste whose main quality was that all the teeth will be broken after using the toothpaste. This competition showed the compatibility between youth and senior citizens and the elements of humor from both generations.

Add- mad competition & prize winning photo's

Senior citizens & wilsons college students



Drama by senior citizens: Virangula Kendra, CSSC, RRTC.

The small drama was performed by senior citizens showing the condition of the livelihood of old age people and what they go through in their day-to-day life. The immense amount of emotions and sentiments shown in the drama was an eye opener element of intergenerational bonding mela.



Fashion walk: Senior citizens & students

We also conducted a fashion walk which is considered as an activity of the young generation, but here it was jointly performed by senior citizens and youth, the coordination between the generations on stage was a pleasure for the audience to see. The bonding between generations was visible here in the fashion walk the program was successfully achieving its goal.



Prize distribution:



The prize distribution ceremony was conducted for all the games and activities played during the Event , consisting fashion walk and add mad competition. Though the winners were few but the programme achieved the goal and hence the Intergenerational bonding mela was successful in building the bridge between generations.

Vote of thanks: Dipika Sherkhane



It was given by Ms. Dipika Sherkhane, she thanked all the dignitaries of the program and members of YCC and RRTC and the dear audience. She showed her gratitude towards everyone present over there.

National anthem-

No event is complete without the national anthem, hence at the end everyone sang the national anthem and the program was concluded. It was an interactive and successful program and was enjoyed by everyone with a beautiful social message in a very familiar way.

Pre & Post Assessment:

The idea of organizing the Mela was to get the opportunity of togetherness and bonding between the senior citizens (male and female ages 60-90 years) and young students through activities and cultural programme. Pre programme both the generations were looking for a fun, friendly environment, which was something different from their daily time at home.

Post programme the impact was very good. To assess the said impact of programme CSSC, RRTC took an interview of few students and recorded their responses. The interviews revealed a very good impact assessment due to information they received from the resource persons. Many of the students were staying with their grandparents and found it to be very emotional. A few students confessed that their grandparents were taking their care and there was a strong emotional bonding between them. The physical activities by the resource persons were taken to make the students understand how old age affects the vision, limbs and organs of senior citizens due to its degeneration. As a result of which they are unable to walk on their own and require the support of someone/ stick etc. The hearing capacity also gets affected and they require hearing aid or someone to speak closely in a bit loud voice. The eyes also gets affected & they require better vision with the help of spectacles. Activity videos are attached here to understand that how they were also unable to see, walk or hear.

Youth photo's of performance



In morning Drawing :Senior citizens with youth:



Lunch:



