



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

REPORT

**INTERGENERATIONAL BONDING PROGRAMMES
IN YEAR 2022-2023**



INDEX

Intergenerational Bonding Program in Schools Sanction order NISD-63/79/2022-NISD

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1	16/01/2023	Pawar Public School, L.B.S. Road, Bhandup (W), Mumbai - 400078.	Maharashtra	1-13
2	24/01/2023	Mahatma School of Academics & Sports, Sector 8, New Panvel (w), Dist. Raigad, Navi Mumbai-410206	Maharashtra	14-27
3	14/02/2023	Kasturba Gandhi Balika School hall, Sakhari, Taluka-Mokhada, Dist-Palghar-401604	Maharashtra	28-41

Report of Intergenerational Bonding



Schedule of the program

Time	Sessions	Speakers
10.00 to 10.05am	Welcome address	Mrs. Suma Das Principal Pawar Public School
10.05 to 10.10am	Objective of the program	Adv. Nirmala Samant Prabhavalkar Ex-Mayor, Mumbai Chief Functionary, CSSC, RRTC, Mumbai
10.10 to 10.15am	Experiences of Student about Grandparents/Senior Citizens	Student
10.15 to 11.30am	Session I “To encourage inter-generational interaction and bonding amongst younger and older generation.”	Mr. Prakash Borgaonkar Head, Maharashtra & Goa Help Age India
11.30 to 12.30pm	Session II “To dispel myths and stereotypes regarding older people and aging.”	Mrs. Amruta Lovekar Gerontologist & Project Coordinator Graceful Living
12.30 to 1.00pm	Lunch Break for students	
1.00 to 2.00pm	Session III Activities and interaction with students	Mrs. Amruta Lovekar Gerontologist & Project Coordinator Graceful Living
2.05 to 2.05pm	Prize & Participation certificate distribution to students	
2.05 to 2.10pm	Vote of Thanks	

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 recognised 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 dept. of Social Justice Govt. of India. One of the mandates is to promote Intergenerational Bonding between grandparents/senior citizens & young generation by taking various programmes in schools and colleges with the students of 8th std and above.

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 Sensitization Programme on 'Inter-generational Bonding' in collaboration with Pawar Public School, Bhandup (PPSB) for pupils of grade 9 on 16th January, 2023 in the School Auditorium. The same was attended by 83 girls & 101 boys (184).

Theme: To promote Intergenerational Bonding in students with their grandparents or Senior citizens in society.

Aims & Objectives of the programme:

1. To enrich the student's approach to look at elder adults with traditional values and culture of joint family which is becoming outdated in present times.
2. To preserve the intergenerational bonding and nourish it with further awareness with empathy and love for senior citizens.
3. To understand the concept of Aging.
4. Myths and misconception of Aging-Problems of elder adult
5. Visit to old age homes, make them aware of its environment.
6. Care of Elderly at home/society/institutes like old age homes or day care centres.

Target Group: Girls & Boys of 9th Std.

Session wise report: There were three sessions of 75 minutes each as under:

Session I-"To encourage inter-generational interaction and bonding amongst younger and older generation."- Mr. Prakash Borgaonkar, Head, Maharashtra & Goa, Help Age India

Session II -"To dispel myths and stereotypes regarding older people and aging." **Mrs.** Amruta Lovekar Gerontologist & Project Coordinator Graceful Living

Session III- Activities and interaction with students by Mrs. Amruta Lovekar

Welcome from school :



The venerable resource persons Adv. Nirmala Samant Prabhavalkar, Ex-Mayor, Mumbai and Chief Functionary CSSC and RRTC, Mr. Prakash Borgaonkar, Head- Maharashtra & Goa Help Age India and Ms. Amruta Lovekar, Gerontologist & Project Coordinator, Graceful Living presented an insightful session highlighting the need for inter-generational bonding for a much happier society.



Principal, Ms. Suma Das

The Programme began with a formal welcome address by Principal, Ms. Suma Das wherein she introduced the dignitaries to the pupils while they were being felicitated with a Tulsi plant as a token of their reverence in a true PPSB fervour. In her speech Principal mentioned the agenda of the programme to the students and also emphasised on the significance of Inter-generational Bonding.



Adv. Nirmala Samant Prabhavalkar ,

Summary of her speech:

She narrated about the aims & objectives of the programme:

- How to behave with a Senior Citizen/grandparents with respect & dignity
- Existence of ageism in India (albeit at times unknowingly).
- Gadgets like cell phones being the major hurdles between inter-generational bonding as the children are getting addicted with mobile and thereby miss the great

opportunity to communicate with their elder adults in the house who may feel lonely & neglected.

- Spending quality time with grandparents as they are the treasury of knowledge and experience acquired by their years of struggles, original wisdom etc.

The opening session was followed by a brief speech by Angela Reji, the Deputy Head Girl of the school wherein she reflected the most cherished moments she has had with her grandparents.

Session I:

Mr. Prakash Borgaonkar

Topic: “To encourage inter-generational interaction and bonding amongst younger and older generation.”



Mr. Prakash Borgaonkar started his session on a lighter note interacting with the students. He explained to the students the need to connect with grandparents and regularly communicate with them. With relevant statistics and real-life instance, he accentuated the message that we must respect our grandparents and deal patiently with all elderly.

His summery of speech in points:

- ❖ Provides an opportunity for both to learn new skills
- ❖ Gives the child and the older adult a sense of purpose
- ❖ Helps to alleviate fears children may have of the elderly
- ❖ Helps children to understand and later accept their own aging
- ❖ Invigorates and energize older adults
- ❖ Helps reduce the likelihood of depression in the elderly
- ❖ Reduces the isolation of older adults

- ❖ Fill a void for children who do not have grandparents available to them
- ❖ Helps keep family stories and history alive
- ❖ Aids in cognitive stimulation as well as broaden social circles should a youth introduce technology into the life a senior

Session II:

Mrs. Amruta Lovekar

To dispel myths and stereotypes regarding older people and aging



Mrs. Amruta Lovekar start her session on explaining Gerontology is the term used to describe “the study of aging from the broadest perspective, almost every area of study or practice that deals with people or their needs has branch devoted to aging

In her session shared with the pupils how to dispel myths and stereotype notions about older adults and aging. Narrating a folk tale from Ireland, ‘Half Blanket’, she made the pupils realise that aging is a natural process that begins at birth and that- how one deals with the elderly today will be treated the same when he/she becomes old. She states that which things we have to remember, aging is the achievement of 21st Century. People are leaving longer now, in past time people are not leaving longer. She explained that if we go through 1947 era life span was only 40 but now if read in the survey life span is 72 years it means 32years life span is increased. According to statistics around 2lakhs centenarian (people who have reached 100 years) she said.

She described some of the myths that we must burst are:

- Old age is a disease.
- Older adults cannot work or learn new things.
- All adults are religious.

Older people are people too able to adapt to their changing circumstances and wishing to contribute to the societies they live in for as long as they possibly can.

She gave examples of senior citizens who set the examples for us. We find examples of the economic activity of older adults in all parts of the world. For example, farming in developing countries is increasingly dominated by older workers, and a significant proportion of global food comes from small-holdings managed by older people, including many women. Example of Amitabh Bachhan, the film Artist, he is still working at the age of 80years. She gave examples of senior citizens such as, Fauja Singh, Abit Surti, Bakul Chatterji & Harbhajan Kaur.

The students were advised to speak slowly with older adults and to be more compassionate while communicating with them. The younger generation can spend fruitful time with their grandparents with various activities like indoor games, discussing current affairs or teaching them how to use mobile phones.

Session III: Activities and interaction with students by Mrs. Amruta Lovekar



Simulating activities like making the students read newspaper through gelatine paper to understand the difficulty with blurred vision, tying their feet together with a rope to make them realise the difficulty the older adults face while walking and instructing the students with cotton wool in their ears emphasising on the fact how some elders feel at not being able to hear properly. Heart touching content were shared via videos and stories which left a lasting impression on the pupils. Sparrow Short film on dementia <https://www.youtube.com/watch?v=mNK6h1dfy2o> and another one is Ek Koshish. https://www.youtube.com/watch?v=cI-A_8fIB4E.

In an era when technological advancement has enhanced the social system, we find an invariably increasing communication gap between people, especially between the senior citizens and the younger generation.

The Session ended with the Prize distributing Ceremony wherein the top three students winning the Essay Writing and drawing Competitions (first to third prizes) each were felicitated by the honourable Chief Guest, Adv. Nirmala Samant Prabhavalkar and Principal, Ms. Suma Das.

At the end of Program refreshment given to the students.

Certificate given by RRTC to all students who attended the programme.

Vote of thanks given by students.



Pre & Post Assessment :

The entire programme was anchored by the students of 9th std. To assess the impact of programme CSSC, RRTC took 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 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 get affected & they require better vision with the help of spectacles. Activity video's are attached here to understand that how they were also unable to see, walk or hear.

This session was indeed one of the most fruitful one imbuing in the students the need of the hour to be sensitive and sensible with the senior citizens/the grandparents and thereby raising awareness among them the need to promote Inter- generational bonding.

Main message we try and convey in our youth sensitisation program is that all of us are going to be old someday and hence we need to be sensitive to older adults.

We also talk about myths that are prevalent in society in general about aging and older adults. We discuss about communication skills needed when they are interacting with older adults. At the end of the session, we encourage students to talk about how they can help older adults.

Interactive sessions:





Drawing Competition photos:



Essay Competition photos:



Report of Intergenerational Bonding

**Centre for the Study of Social Change
Regional Resource & Training Centre, Mumbai**

**One day sensitization Programme on
'Intergenerational Bonding' in Collaboration with Mahatma School of Academics
& Sports and Junior College, New Panvel
Schedule of the program**

Tuesday, 24th January, 2023

Time: 8.30am to 12.30pm

Registration – 8.00 to 8.30am

Time	Sessions	Speakers
8.30 to 8.35am	Welcome address	Mrs. Ramadevi Putta Director, MES, Mahatma Gandhi School Academics & sports
8.35 to 8.45am	Objective of the program	Dr. Sanjay Ojha Project Director CSSC, RRTC, Mumbai
8.45 to 10.00am	Session I “To encourage inter-generational interaction and bonding amongst younger and older generation.	Mr. Prakash Borgaonkar Head, Maharashtra & Goa Help Age India
10.00 to 10.20am	Lunch Break for students	
10.20 to 11.20am	Session II “To dispel myths and stereotypes regarding older people and aging.”	Mrs. Amruta Lovekar Gerontologist & Project Coordinator Graceful Living
11.20 to 12.20pm	Session III Activities and interaction with students	Mrs. Amruta Lovekar Gerontologist & Project Coordinator Graceful Living
12.20 to 12.25pm	Prize & Participation certificate distribution to students	
12.25 to 12.30pm	Vote of Thanks	

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 dept. of Social Justice Govt. of India. One of the mandates is to promote Intergenerational Bonding between grandparents/senior citizens & young generation by taking various programmes in schools and colleges with the students of 8th std and above.

Background of the programme:

The program for promoting ‘Intergenerational Bonding’ was organized by Regional Resource & Training Centre (RRTC) under Centre for Study of Social Changes (CSSC) in collaboration with Mahatma School of Academics & Sports and Junior College, New Panvel conducted offline. A one day programme was organized on the topic ‘Intergenerational Bonding’ on Tuesday, 24th January 2023. The Director Mrs. Ramadevi Putta requested RRTC to take their all students of 8th & 9th Std. Mrs. Sunanda Lakhpati teacher was the host of the event and welcomed each speaker with immense gratitude

Theme: To promote Intergenerational Bonding in students with their grandparents or Senior citizens in society.

Aims & Objectives of the programme:

1. To enrich the student’s approach to look at elder adults with traditional values and culture of joint family which is becoming outdated in present times.
2. To preserve the intergenerational bonding and nourish it with further awareness with empathy and love for senior citizens.
3. To understand the concept of Aging.
4. Myths and misconception of Aging-Problems of elder adult
5. Visit to old age homes, make them aware of its environment.
6. Care of Elderly at home/society/institutes like old age homes or day care centres.

Target Group: Students from 8th & 9th stds (boys 93 & girls 101) from both Marathi and English Medium participated in this Programme is 194.

Session wise report: There were three sessions of 75 minutes each as under:

Session I-“To encourage inter-generational interaction and bonding amongst younger and older generation.”- Mr. Prakash Borgaonkar, Head, Maharashtra & Goa, Help Age India

Session II -“To dispel myths and stereotypes regarding older people and aging.” **Mrs.** Amruta Lovekar Gerontologist & Project Coordinator Graceful Living

Session III- Activities and interaction with students by Mrs. Amruta Lovekar

Welcome Address: Mrs. Ramadevi Putta, Director Director, MES, Mahatma Gandhi School Academics & sports



Mrs. Ramadevi Putta, Director of Mahatma school of Academics & sports, welcome the speakers with a bouquet of flowers. She stated that when people are raised in different time periods and are at different stages in their life, their values and perceptions of the world can be quite different. This can lead to reduce interaction, misunderstanding and even conflict with one another. The generation gaps are widening due to fast changing lifestyle, globalization, migration and diverse ideologies. Because of this widening gaps, it is important to have special effort to promote greater understand and improved bonding between the grandparents and children's.

She emphasis on institutional ageism include discriminatory hiring practices or mandatory retirement ages; interpersonal ageism includes disrespecting or patronizing older and younger adults, ignoring their points of view in decision-making or

avoiding contact and interactions. She said that in paper it was mentioned about the increase in ageism and elder abuse during the pandemic, unanswered cries for help, limited digital literacy among older people and reduced media awareness towards this social issue. The programme conducted by RRTC is very important step towards this changes.

Objective of the program: - Dr. Sanjay Ojha, Project Director, CSSC, RRTC, Mumbai.



In the preface of the programme Dr. Sanjay Ojha Project director CSSC,RRTC presented the objectives of the programme to the students by saying that we should have a sense of respect for the elderly and senior citizens. He explained why he choose the students of the school. He expressed the opinion that the children are the future citizens of tomorrow and through them awareness in the society is easily spread. He take promise from the students that they have to spread this in a society, school at home.

He said the chains of relationships between aging parents, adult children and grandchildren are known as intergenerational relationships. ... Some families are close-knit, having frequent contact with each other and providing care as it become necessary for aging loved ones. With more positive views of seniors, young people will be more likely to take greater care and treat them with more respect. With an increased interest in community, both age groups will be more receptive to volunteering and seeking to improve the area in which they live.

Session I :- Mr. Prakash Borgaonkar

Topic: “To encourage inter-generational interaction and bonding amongst younger and older generation.”



In the first lecture session Mr. Prakash Borgaonkar Head, interacted with the students in a very playful atmosphere on the topic ‘To encourage inter-generational interaction and bonding amongst young and old generation.

He said that India has been a country, where the status of family has been of utmost importance since ages. India is known for its diversity and collectivist culture. Families are tied up with unseen bond, cooperation, harmony and interdependence but now a days very less joint families people like to stay alone only husband, wife & children. He said it my request to the children’s like you please talk to your grandparents at least 10 minutes in a day, asked them about their day, play with them indoor games & teach them mobile & learn from their experience of life. He further said that google need internet but you will get the knowledge from them without internet.

Mr. Borgaonkar interaction with them in a question-and-answer format and sometimes in a light hearted atmosphere. Borgaonkar told the students about how we should behave towards the elderly and how we can help them. He stated that there are many ways to engage youth and establish meaningful connections with older adults. Older adults are important and major contributors to the growth and development of youth because of their life experiences. Youth interaction and support can be mutually beneficial to the emotional livelihood of the aging population.

Session II :

Mrs. Amruta Lovekar

Topic: “To dispel myths and stereotypes regarding older people and aging.”



The second lecture session after refreshment was conducted by Mrs. Amruta Lovekar.

The topic was ‘To dispel myths and stereotypes regarding older people and aged.’

She started with word Gerontology is the term used to describe “the study of aging from the broadest perspective”. Almost every area of study or practice that deals with people or their needs has branch devoted to aging.

As students relate with stories, she told one story of farmer family in Ireland:

In story she stated sons behavior for his old father. they are four people in the family- one is father who is a senior citizen, his mother (who died a few years back), son’s wife and their younger son if 5 years. There was tension between father & son so one day so the son decided to send his father to poor house which is known as ashram where city people keep their older one who is not doing anything at home. But son’s wife tried to convince him to not send his father to the poor house as he looks after their son & plays with him. After that also if it remains the same then we will think of your idea his wife said. The son agreed for the time being, but again after a span of 6 months the situation is worsened and tension between son & father has increased. Then son said now I will

keep my father in poor house only and his wife yet again tried to convince him but he did not listen her and he said that they have to give one blanket to the father.

In the foreign countries blankets are big, so son decided to cut the blanket he said it was large for his father and he does not require the whole blanket. Again, his wife tried to convince him that they were only providing him 1 blanket to him so to not to cut the blanket.

The son did not listen to her. Farmers grandson was listening to these arguments between his father & mother. He asked his father to not to give the whole blanket to grandfather and keep half blanket in their house. And when his father asked him why would he require the half blanket, the grandson said that when I will keep you in the poor house (ashram) that time I will give you half blanket with you.

The son reconsiders his decision about his father. All students were listening this story quietly, Lovekar Mam told the moral of the story is that the young generation observes us, copy us and they are doing the same things what elder people doing with their elders so we have to be kind with the elder people because one day you (students) also will become the elder one.

Other people's views of an elderly person are very specific but there are many people who are empathetic towards the older people and their out looked positive duty full and enthusiastic outlook should be inspiring and amazing to the youth. The youth learn from that.

Mam explained the students there is myth in the younger generation about the elder persons that they can't do the things like younger generation but those myth of younger generation not true. She asked students the elder people who work at the age of 70 to 100 years, students taken the name of Amitabh Bachan, Hon'ble Modi, Ratan Tata, Ambani & Asha Bhosale & so on. She further stated that it means the age is no bar for doing any kind of work, sports & to complete education. She gave the different examples of elder people who work even at the age of 70,80,90 & 100.

Session III:

Mrs. Amruta Lovekar

Topic: Activities and interaction with students



The third and final session of the programme was continued by Mrs Lovekar. In this session she conducted some demonstration from the students to target the physical limitations of the elderly persons. So, they got an idea of the problems faced by them.

Main message we try and convey in our youth sensitization program is that all of us are going to be old someday and hence we need to be sensitive to older adults.

We also talk about myths that are prevalent in society in general about aging and older adults. We discuss about communication skills needed when they are interacting with older adults. At the end of the session, we encourage students to talk about how they can help older adults.

In some schools, we have conducted simulation games to help children experience putting themselves in older adults' shoes.

At the end of the programme Ms. Sunanda Lakhpatri, gave vote of thanks to CSSC ,RRTC and chief speakers on behalf of the school for concluded the Programme. At the end of programme we provided the snacks to the students. In last we take feedback from the students in form of video's which we will sent to NISD through pen drive. The programme was enjoyed by the students.

Pre & Post Assessment :

The entire programme was anchored by teacher. To assess the impact of programme CSSC, RRTC took 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 to be very emotional. A few students confessed that their grandparents were taking their care and there was a strong emotional bonding between them. We encourage the students to talk to the senior citizens not only at their home but in neighbour & outside area citizens also.

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 get affected & they require better vision with the help of spectacles. Activity video's are attached here to understand that how they were also unable to see, walk or hear.

We encourage the students to visit the old age home, such programs also help older generations transmit cultural traditions and values to younger ones, helping to build a sense of identity while encouraging tolerance. The interactions between children and older adults tend to elicit strong feelings of joy and companionship between both. When allowed to spend time with children and adolescents, seniors benefit from improved communication. enhanced self-esteem.

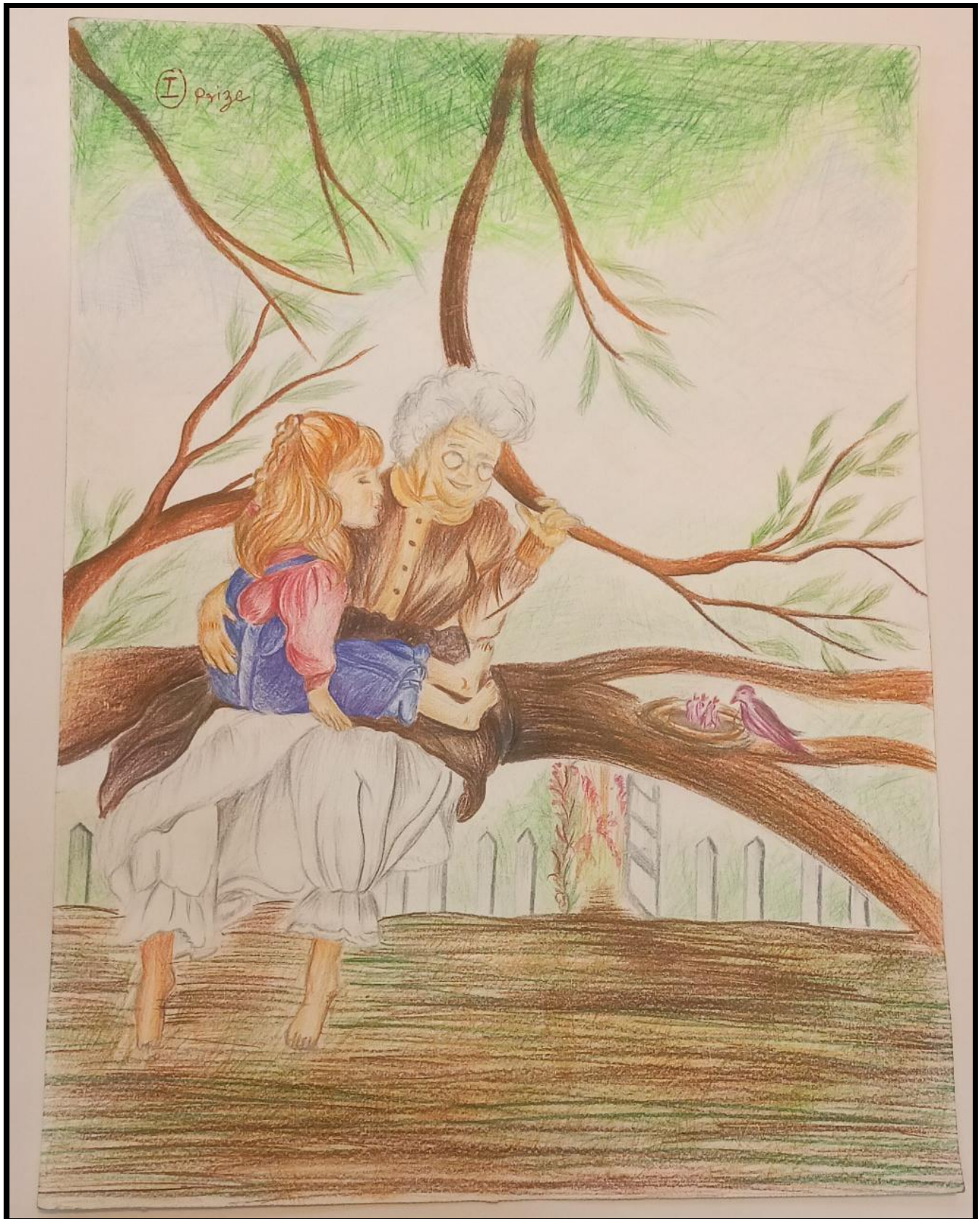


Activites & Interaction with students:





Drawing Competition -First Prize



Second prize



Third prize



Report of Intergenerational Bonding

**Centre for the Study of Social Change
Regional Resource & Training Centre, Mumbai
One day sensitization Programme on
'Intergenerational Bonding' in Collaboration with
Kasturba Gandhi Balika Vidyalaya, Mokhada, Dist-Palghar**

Schedule of the program

Tuesday, 14th February, 2023

Time: 10.00 am to 2.00pm

Registration – 9.45. to 10.00am

Time	Sessions	Speakers
10.00 to 10.05am	Welcome address	Mrs. Manisha Nalawade Teacher, KGBV School, Mokhada, Palghar
10.05 to 11.15am	Session I “To encourage Inter- generational interaction and bonding among younger and older generation.	Adv. Nirmala Samant Prabhavalkar Chief Functionary CSSC, RRTC, Mumbai
11.15 to 12.15am	Session II To dispel myths and stereotypes regarding older people and aging	Adv. Nirmala Samant Prabhavalkar Chief Functionary CSSC, RRTC, Mumbai
12.15 to 1.00 am	Lunch Break for students	
1.00 to 2.00 pm	Session III Activities and interaction with students	Smt. Manisha Nalawade Teacher Kasturba Gandhi Balika Vidyalaya, Palghar
2.00 to 2.15 pm	Prize & Participation certificate distribution to students	
2.15 to 2.20 pm	Vote of Thanks	

Introduction:

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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 Sensitization Programme on 'Inter-generational Bonding' in collaboration with Kasturba Gandhi Balika Vidyalaya, Mokhada, Palghar of std 8 & 9 students on 14th February, 2023 in the School hall. The girls from Adivasi pada mokhada taluka , stay in school premises, attended by 88 girls.

Theme: To promote Intergenerational Bonding in students with their grandparents or Senior citizens in society.

Aims & Objectives of the programme:

1. To enrich the student's approach to look at elder adults with traditional values and culture of joint family which is becoming outdated in present times.
2. To preserve the intergenerational bonding and nourish it with further awareness with empathy and love for senior citizens.
3. To understand the concept of Aging.
4. Myths and misconception of Aging-Problems of elder adult
5. Visit to old age homes, make them aware of its environment.
6. Care of Elderly at home/society/institutes like old age homes or day care centres.

Target Group: Girls

Session wise report: There were three sessions of 75 minutes each as under:

Session I-"To encourage inter-generational interaction and bonding amongst younger and older generation."- Adv. Nirmala Samant Prabhavalkar

Session II -"To dispel myths and stereotypes regarding older people and aging." Adv. Nirmala Samant Prabhavalkar

Session III- Activities and interaction with students by Mrs Manisha Nalawade, Teacher, KGBV

Welcome address: Kgbv teacher Mrs. Manisha Nalawade welcome all. Music Teacher Mr. Dhanaji Wayale and student team sung a welcome song for all guests. Principal Mrs. Sonwane welcome our Guest and Chief functionary of CSSC and RRTC, Mumbai Adv.Nirmala Samant prabhavalkar KGBV teacher.



Session I:

Adv. Nirmala Samant Prabhavalkar

Topic: To encourage inter-generational interaction and bonding amongst younger and older generation.”



She said one of the options for improving intergenerational relationships is implementation of contact programs in settings such as schools and colleges, volunteer organizations, community groups and senior citizens associations. She further said that It can prevent isolation and loneliness in older adults. It provides a perfect opportunity for young and old to learn from one another. It builds a stronger community. It gives older adults a sense of purpose and helps younger generations have a great respect for and value of older adults.

She further added that Intergenerational programming lowers issues of social isolation and loneliness by allowing different generations to come together, learn from one another and form new friendships. The relationships formed between generations also improves communities by combating negative stereotypes and ageism.

She asked students to share stories with each other and pass on traditions. These shared stories and traditions allow for better understanding of lifestyles both similar to and different from one's own.

She said that the best way for a loved one to experience these benefits is to simply spend time with others of a different generation. Fortunately, there are a variety of activities that people of all ages can do together.

Session II:

Adv. Nirmala Samant Prabhavalkar

Topic: “To dispel myths and stereotypes regarding older people and aging.”



She said that people worldwide are living longer. Today most people can expect to live into their sixties and beyond. Every country in the world is experiencing growth in both the size and the proportion of older persons in the population. She said that many people make assumptions about aging, what it is like to grow “old”, and how older age will affect them. But as they are getting older, it is important to understand the positive aspects of aging.

She mentioned reasons why the people living longer:

- They Have Better Medicine Today
- There Are Better Medical Practices.
- The Many Advances in Technology.
- They are Making Smarter Health Choices.
- Food Trends and Government Programs.

Myth about the Elderly in younger generation:

- Elderly people are ill
- Elderly people are forgetful
- All elderly people are the same
- All elderly people are conservative and rigid.

These myths were discussed with giving examples of famous people above 60 and who are still working and going strong these myths do not apply to these famous and hard working elderly people. She elaborate some points as under:

Elderly people are ill: She said that all elderly people are not ill. There are many young and middle age people who also fall ill. Illness has in general has no connection with illness of elderly people. However due to age there are physical changes which are natural. Therefore it is wrong to say that elderly means illness.

She mentioned the age related mental health issues but we can help them fit and healthy if we take of them. She gave so many examples of sr. citizens who are extremely fit and healthy. They are earning their own bread and butter and have been financial supporting their family members and are paying the fees of school and college of their grandchildren.

Elderly people are forgetful:

She said that all elderly people are not forgetful. She gave various examples of the Doctors, Professors, Teachers, Academicians, and Social Workers efficiently doing their work and helping the society.

All elderly people are the same:

She said that all elderly people are not the same. They are very loving, caring and eager to share their experience and knowledge with others. Some of elder adult don't like talk much, like to stay alone but some elder adult like to talk with people. Like to explore the things, they try to learn new things. So it is about the choice of the people.

All elderly people are conservative and rigid:

She said that even this myth that all elderly people are conservative and rigid is not correct. There may be and exception but by and large seniors are not rigid.

Session III:

Activities and interaction with students.

Mrs. Manisha Nalawade & Mrs. Nilima Yetkar, Project Coordinator, RRTC

Three activities were performed by teacher Manisha Nalawade & Mrs. Nilima Yetkar with students, where students actually came to know how old people faced difficulties while doing daily chores. All teachers also help students to better understand the situation with intergenerational bonding.



Mrs. Manisha Nalawade

Main message she try and convey in our youth sensitization program is that all of us are going to be old someday and hence we need to be sensitive to older adults.

She also talk about myths that are prevalent in society in general about aging and older adults. She discuss about communication skills needed when they are interacting with older adults.

At the end of the session, Nilima Yetkar encourage students to talk about how they can help older adults. In some schools, she said we have conducted simulation games to help children experience putting themselves in older adults' shoes.



Girls reading the paper through the blue gelatin paper to understand them how old age affects the vision



Mr. Ghangav, teacher makeup the students of Aajji Ajoba for better understanding the programme concept



Girls legs tied with rope to understand how the Sr.citizens walk very slow as their organs get affected due to old age



Short film on Old age home

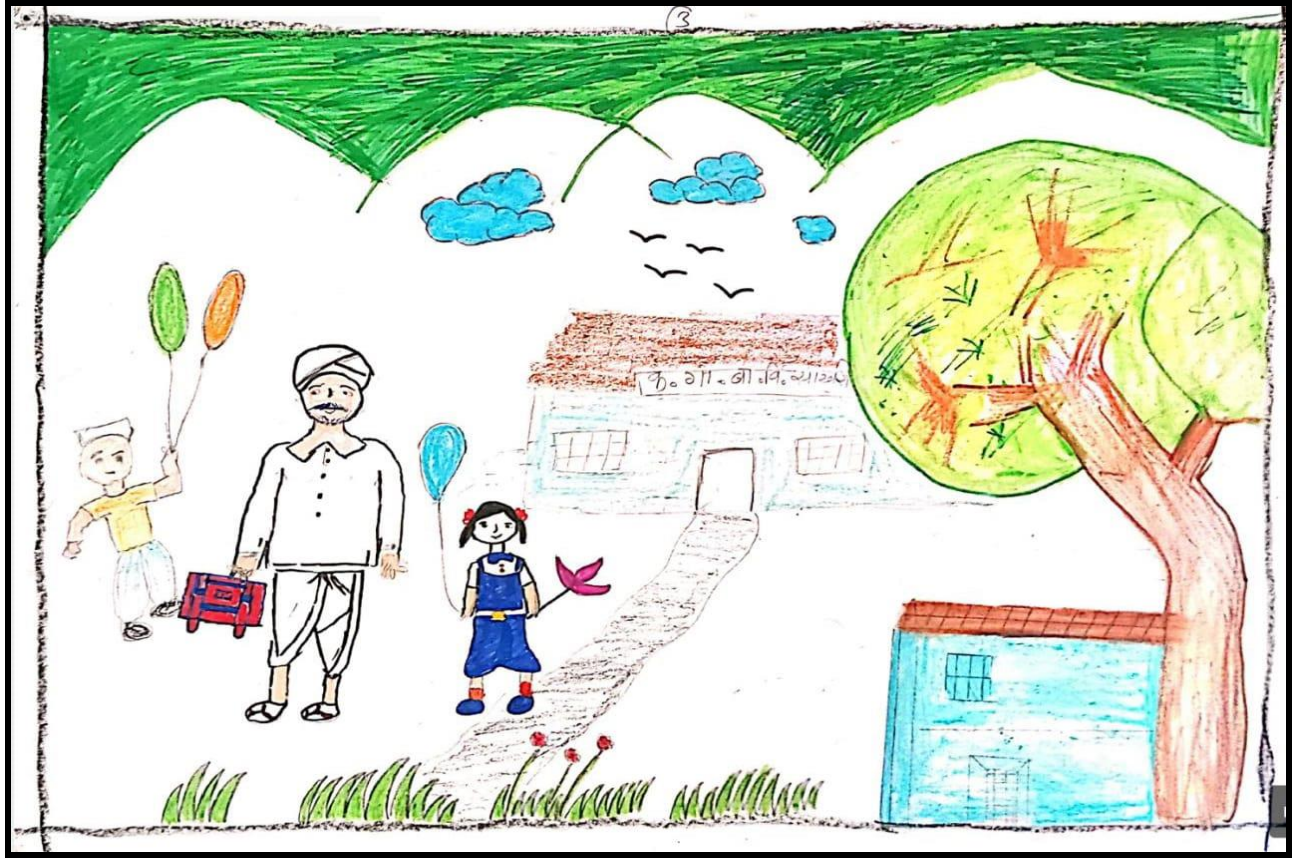


Short film on Dementia to understand the old age problem of memory loss



Winners students Drawings





Essay of winner students

आजी आजीबा व आपले नाने काबंध
तुमिय

नाव : कोकल्या कुरेश गहले
शाळेचे नाव : क. गा. बी. वि. साखरी
ना. मोखाडा जि. पालघर
इथना - नववी ट.क्र. [१]

माई आजी - आजीबा खुप चांगले दोहन. माझा
खुप मोठा परिवार आहे माई आजी आजीबा मला
खुप आवडतात माई आजी मला कसं वागायचं कसं
बोलायचं घरी जर काणी पाडून आले तर त्यांना
मनमन्त्र आवाज द्यायचा, त्यांना पाणी द्यायचं, त्यांची
विचारछुस करावची, त्यांना वसायला द्यायचं, त्यांच्या
करं वागायचं हे शिकवतं.

सर्तीच जेवण साठ्यावर मी आणि माझ्या बहिनी
निव्याजवळ गप्पा गांफ्ती कवायला जायचो आणि आजी
आम्हांला रामायण, महाभारत सन कसं घडलं हे सांगायची
तुम्या गांफ्ती सांगायची आणि आम्ही कावपडून ऐकायचो
आम्ही वानिचवाविकी छेड जाऊ मज म्हणून आम्हांला
घाबरवण्यासणि शुनांच्या वगेरे गांफ्ती सांगची
आणि मग आम्ही घाबरायचो मग आम्ही रान झाली
की बोहर कांठे जायचो नाही पण नव्ह्यान आम्हाला नव
लाईलीची काय नव्हती. पण आना लाईले आहे पण आम्ही
आना घाबरून आना मला कळतय की आजी लाईले
नव्हती म्हणून आजी आम्हांला एका शुनांच्या गांफ्ती
सांगत होती. पण आजीबा मला आम्हांला बघून खुपखुप
शहायचो.

माई आजी - आजीबा आम्हांला आमच्या कधी
दाखडत नाही त्यांनी आम्हांला ड्यावलंन नाही आणि
आना पण आम्हांला आवडत नाहीत. आमची जर बहिनी -
भावंडांची मांडा झाली की ती आम्हांला समाजावत.

प्रथम

॥जिजाऊ॥

भाजी भाजीबा व आपले नाते

नाव: निलम हरिचंद्र वाघ

भाईचे नाव: क. गां, बा. वि. भाखरी ता: मोखडा

जि: पालघर इयत्ता १० वी

भाई - बाबा होण ही आयुष्यातली अत्यंत आनंदाची गोष्ट आहेच, पण भाजी - भाजीबा होण ही त्यापुढची पायरी - दुधात भाखर, मोन्हाला भुगंध ! त्या चिमुकल्यावर आपण फक्त प्रेम करायचं आहे. निखळ शुध्द प्रेम. भाईविना प्रेम त्याला शिस्त लावण्याचं काम आपलं नाई की त्याच्या पोषण - शिक्षणाची जबाबदारी आपली नाही. आपलं काम आहे त्याच्या भाई - बाबांना भावांश - दिलाभा देण्याचं आपल्या अनुभवाचा फायदा वरून देण्याचं जमेल तेव्हा जमेल तितका त्यांचा ताण हलका करण्याचं आणि कणाकणानं वाढवत्या त्या चेतनेला चेतन्याला पाडून स्वतः ताजं टवटवीत राहण्याचं. भाई जीवनातलं एक कठोर वास्तव म्हणजे विभक्त कामात कुडालेलं आणि घरी आल्यावर बाळाच्या गरजा भागवताना मेराकुरीला आलेले भाई - बाबा त्यांना गरज असते थोड्याफार मदतीची बाळाला मोडं करताना भाजी - भाजीबांची भूमिका नेमकी काय? अमावी या प्रश्नाचे उत्तर तुमच्या लहानपणीच्या ज्या स्मृती आहेत त्यावर अवलंबून आहे. माझ्या भाई - वडिलांनी मला जशी वागणूक दिली तस माझ्या मुलाना मी कधी वागवणार नाही असें तुम्हाला कधी वाटलं होत का कडक शिस्तीचा बडगा भोवत कुणारणं किंवा अतिशय किंवा वागून मुलांना हवते करायला मोकळीक देणं ही दोन्ही होकाच्या

द्वितीय

॥जिजाऊ॥

आश्विनी नातु गझाले २९ वी

निवेष्टा: ज्येष्ठ नागरिकांच्या समस्या -

* ज्येष्ठ नागरिकांसमोरील समस्या विवेचन वाढत चाललेल्या आहेत. मुलगा सोसा - तो नाही. मुलाने घरातून बाहेर काढले. मुलगा रात रात वृद्ध आईबापाला वृद्धाश्रमासमोर टाकून गेल. मुलगा रातीरात घर सोडून घर प्रॉपटी स्वतःच्या नावावर करून घेतली आता तो आई वडिलांना घर सोडा म्हणून सांगतोय. या अशा बातम्या आपण आजूबाजूला रोज ऐकतो, वाचतो, अनुभवतो सुद्धा.

अनेकदा पालकांना स्वतःच्या मुलांवरून वेळ येत. महातारपणा जखम पाठवले. - ली पुंजी पोळ्यां पोरांनी हंडय करून राहिल जागा सुद्धा नं देजे हे पाहणे आणि सोसणे. तितकेच वेदनादायक उरते शिवाय मुलांबिछूत लढण्याचा स्टाॅमिना उगळी रच्छा पोळीही उरलेली नसते.

अनेक असे दुर्दैवी पालक आपल्या हलाखीच्या परिस्थितीमध्ये जगातना पाहतो. मर्त बऱ्याचदा अशी गोष्ट घडल्यानंतर आपणस काय कायदेशीर संरक्षण आहे काय? कायदा आपल्याला मदत करू शकतो कायदेशीर संरक्षण काय? ही शक्यता सुद्धा अन्याय झालेल्या पालकांच्या मनात येत नाही. याचा कारण अशा कायद्यांची कधीत त्यांनी माहिती देखिल घेतलेली नसते अशी

Essay & drawing competition was successfully held in school premises. The prize winners were felicitated with the cash prize declared by NISD. The dance performance given by 8th std. students which was very nice, it was typical village dance. At the end of Program refreshment gave to the students.

Certificate given by RRTC to all students who attended the programme.

Vote of thanks given by Mrs. Manisha Nalawade

CSSC-RRTC organised drawing competition for 8th std. Students and essay competition for 9th std students for subject intergenerational bonding in the school



Pre & Post Assessment

The entire programme was anchored by the teacher Manisha Nalawade. In the school most of girls from nearby pada & adivasi girl of Mokhada villege, Palghar. Students said 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 closly in a bit loud voice. The eyes also gets affected & they require better vision with the help of spectacles. Activity video's are attached here to understand that how they were also unable to see, walk or hear.

This session was indeed one of the most fruitful one imbuing in the students the need of the hour to be sensitive and sensible with the senior citizens/the grandparents and thereby raising awareness among them the need to promote Inter- generational bonding.

