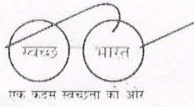




# DR. BHIM RAO AMBEDKAR COLLEGE (University of Delhi)



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Dated: 21-09-2019

## PRESS RELEASE

### SESSION ON “INTERGENERATIONAL BONDING IN TODAY’S FAMILIES”

**Dr. Richa Chowdhary**, Convener, Counselling Committee has organized a wonderful session from 12:00 am to 2:00 pm in college auditorium on “**Intergenerational Bonding in Today’s Families**” and the session taken by **Ms. Subhashini Ratan**, Project Director, Sankalp NGO who has worked with different NGOs in the area of Gerontology. She has began her discussion with the students on their relationships with their parents and grandparents, how much time do they spend together, what kind of activities they do together, use and misuse of technology while teaching these to parents and grandparents. Since the beginning of the family, connections between generations have been one of the most important social bonds in all societies. It is very important for the parents and children to develop an understanding about each other with healthy communication channels, making connections with each other and bring out certain changes according to the time. She has also emphasized that there is only difference of opinions and perspective which leads to conflicts, gaps but can be filled with an understanding of each other's perspective in a better way. **Dr. Pratibha Verma**, Faculty, Department of Business Economics shared her views on importance of reducing gender gaps with live examples. **Dr. Deepshikha Chowdhary**, Faculty, Department of Social Work explained the four R's are important: Respect, Reciprocity, Responsibility and Resilience to improve bonding between the generations. Alternatively, regular social interactions-engaging in conversation, playing games and partaking in group activities actually keeps our mind sharp. 52 Students have participated in the discussion and lots of issues came and addressed in a meaningful way.

Richa  
23/09/19