Ministry of Social Justice and Empowerment
Government of India
R.K. Puram, New Delhi-110066
http://www.nisd.gov.in/

HERITAGE FOUNDATION

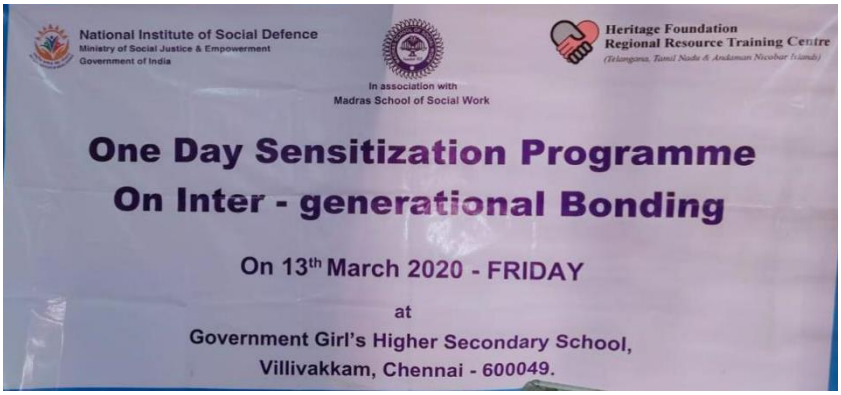
ONE DAY SENSITIZATION PROGRAMME

ON INTER - GENERATIONAL BONDING

Held at Government Girl's Higher Secondary School,

Villivakkam, Chennai - 600049.

On the 13th of March 2020.



A one day sensitization programme on "INTER - GENERATIONAL BONDING" was held at the Government Girl's Higher Secondary School, Villivakkam, Chennai - 600049, on the 13th of March 2020. The programme began with the students of the institution rendering the Thamilthaivazhu.

The Headmistress incharge, Dr. Kanmani, delivered the welcome address. She expressed her sincere thanks to the organizers, Heritage Foundation, National Institute of Social Defense and The Madras School of Social Work.She opined that this programme would be useful for the students to take care of their parents,

grandparents and the elders in the society as, inter - generational relationship or bonding has become a big concern due to the various social, economic and cultural changes/patterns.

Mrs. P.K. Vathani, HOD of BSW, MSSW greeted the students and the staff, thanked the management and the headmistress for granting permission and appreciated their social responsibility towards elder care. She thoroughly explained the status of elders in the current world and the importance of inter-generational bonding to the students.

The growing population of ageing in India is on high. According to the census 2011, there were 104 million who were 60+ years of age. It is projected to go up to 326 million in 2050. This increase in ageing population creates a number of issues and challenges to their well being, to their family, society and the government. Challenges and difficulties faced by them are maybe due to various reasons like split in the joint family system, new technologies, unemployment, migration, globalization and modern lifestyles.

All these have weakened the family relationships leaving the ageing population in a difficult state. A large section of the society still consider senior citizens to be sick, disabled, unproductive and hence a burden to the family.

But in reality, it's the other way around. Senior citizens possess rich experience, skills, knowledge, talents, wisdom, morals, values and ethics. Hence, they should be looked up to as valuable treasures. The younger generation has the moral obligation to regard the elderly with dignity and to provide them with a quality life. Therefore this programme aims to educate the student mind to become socially responsible in looking after the older persons in their home as well as in the society.

Following that, the first session, on the topic "FAMILY" was carried out by Professor Mrs.S.Sudarmathy and Dr.A.Thirumagal Rajam. The students were asked to talk about "family" in general, to find out their understanding on this topic. Many students shared their lives, about their grandparents, living in joint families and the occupations of their parents.

The resource persons then gave an insight about the functions and responsibilities of a family and discussed about the importance of elders in the family and their values. Elders are people who grow old with their experience. With the experiences, they learn the lessons taught by life so that they become more responsible for the entire household responsibilities. The elderly usually play the role of a leader, teacher, and an emotional-spiritual guide in a family. They are held with high regard by all cultures in the world for a very good reason - they're wise. They play significant roles in the family which include nurturing young ones by imparting in them good morals, passing on wisdom and knowledge about their experiences and what they have learned in their lives. They have a very important place, right from the dining table to the big decision of the house.

The second session was conducted by Professor T.Rufus Singh on Ageing. He began his interaction with the students by putting forth various questions to them, to know their understanding about ageing. The questions were as follows:

- Who is an Elder?
- When do you say a person is old ?
- What is your opinion about elders ?

- Do you have elders at your home ?

He then explained the concept of ageing, the different dimensions of aging and active ageing.

Ageing is a lifelong process of growing up and growing old, associated with changes in dynamic biological, physiological, environmental, psychological, behavioral, and social processes. It begins at conception and ends with death.

Chronological Ageing refers to the age based on the calendar -Date of birth (Number of years since birth).

Biological Ageing involves the loss of cells over time. With biological aging, tissues and organs are less likely to function efficiently, the body's ability to repair itself slows down, and the immune functions decline, making the body more prone to infections. A person who keeps himself/herself fit and gets regular check-ups can appear biologically younger than someone who is the same age but does not do the same.

Psychological Ageing involves changes in memory, learning, intelligence, personality, and coping. An older person who is mentally active and is able to deal with new situations can be said to be psychologically young.

Social Ageing refers to changes in a person's roles and relationships, both within their networks of relatives and friends and in formal organizations such as workplace and houses of worship.

Healthy Ageing is defined "as the process of developing and maintaining the functional ability that enables well being in older age"- WHO

Professor.P. K.Vathani carried out the next session on Inter - generational bonding. Few questions were put before the students to know their level of bonding with the elders/grand parents. The questions and their replies were as follows:

1. Are you feeling happy to live with your grandparents?
2. Are you close with your grandparents?
3. Do you like to spend time with your grandparents?
4. Is your grandparent allowed to participate in decision making in the family?

5. Do you feel bored when your grandparents share their past?
6. Do you get along with your grandparents? .
7. Do you receive appreciation / gifts / money from him/her? .
8. Do you celebrate their birthday? .
9. Do they scold you for silly things?
10. Is your grandparent receiving any type of help from the society or Government?
11. Is it your responsibility to take care of your parents and grandparents?

Following this, Professor.P. K.Vathani explained the meaning of inter-generational bonding, that is the establishment of a relationship with the elders. She mentioned about the different types of generations.

- Traditionalists - Born in 1945 and before
- Baby boomers - Born in 1946 -1964
- X -Generation - Born in 1965 - 1976
- Y - Generation - Born in 1977 -1995 (Millennial)
- Z - Generation - Born in 1996

The students were excited to know about the different kinds of generations. She then talked about the positive inter-generational relationship and bonding with elders. The importance of Care and Respect, the

need to spend productive time with them, helping them get rid of their sense of isolation, giving them a hope and purpose for living was emphazised. The advantages of having an elder in the family was highlighted, one of them being the opportunity to learn about culture, skills, values and a lot from their past history.

Some tips were given to students on how to interact better with the elders.

- Giving enough time
- Talking in a soft/slow voice using simple words and simple sentences.
- Listening without interrupting,
- Maintaining eye contact

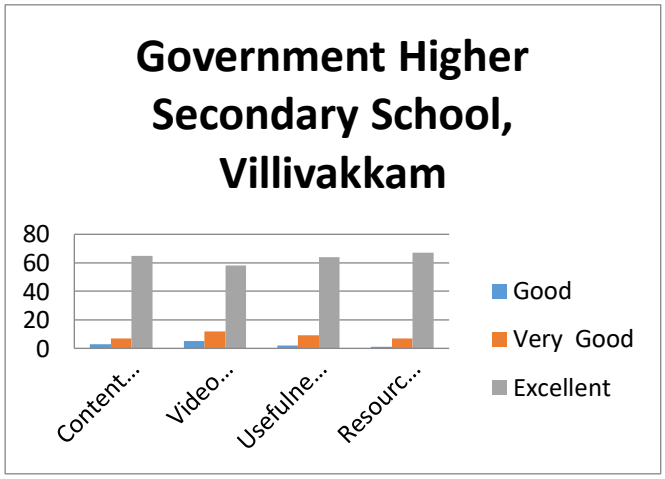
Prof. P.K. Vathani also requested the school to arrange exposure visits to old age homes, engaging the students in elder care programmes such as medical camps, conducting simple activities like singing, news paper reading etc. to promote inter-generational bonding.

Finally the session was concluded with an oath taken by the students, assuring that they will take care of their parents, grand parents and the elderly in the society.

Competitions were conducted for the students on inter-generational bonding .The following students received prizes.

- Ruthika. P - 1st prize
- Risvana Begum. A - 2nd prize
- Logamithra. S - 3rd prize

The students and the staff expressed the usefulness of the programme and requested to have this for other classes too.The programme came to an end with a vote of thanks and the national anthem.

FEEDBACK OF THE PROGRAM:

Government Girl's Higher Secondary School, Villivakkam			
Parameters	**Good**	**Very Good**	**Excellent**
Content of the programme	3	7	65
Video and Audio Presentation	5	12	58
Usefulness of The Programme	2	9	64
Resource Persons	1	7	67