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# KU Model school students celebrate Intergenerational Bonding Mela



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A one-day Intergenerational Bonding Mela was successfully celebrated by Kashmir University Model School, bringing together school children, their grandparents, and experts from various disciplines to celebrate the significance of intergenerational relationships.

The event was organised by the National Institute of Social Defence (NISD), Ministry of Social Justice and Empowerment, Government of India, and Anugraha Delhi, in collaboration with the Directorate of Lifelong Learning (DLL), Department of Social Work (DoSW) and Sheikh-ul-Alam Centre for Multidisciplinary Studies, University of Kashmir. The program was further supported by Moul Mouj Foundation (MMF) and GK Labs as part of their ongoing initiative, Intergenerational Communication: Roots Revival Project.

The event witnessed a vibrant gathering of more than 120 participants, including grandparents braving

the cold and rain to share this special moment with their grandchildren. The program aimed to bridge the generational gap, promote mutual understanding, and reinforce the importance of family ties in a rapidly changing society.

Prof. Nilofer Khan, Vice Chancellor, University of Kashmir, who was the Chief Guest, emphasized the need for strong intergenerational connections in today's digital world. "At Kashmir University, we believe our responsibility extends beyond academics and research to meaningful societal outreach. Today, we celebrate togetherness and honor the seniors of our community. In an era dominated by screens, it is crucial to revive real human connections—grandparents are the custodians of wisdom, values, and traditions, holding stories and lessons that must not be forgotten. Strengthening these bonds is our collective duty, and Kashmir University is committed to supporting the efforts of Moul Mouj Foundation in the care of seniors," she remarked.

Guest of Honour, Prof.

Naseer Iqbal, Registrar, KU, highlighted the importance of respecting elders, stating that learning from seniors provides invaluable life lessons for a compassionate society.

Others who spoke on the occasion included Prof. Adil Kak, Chairman, Sheikh-ul-Alam Centre, who emphasized the cultural and ethical significance of intergenerational bonding. Prof. Shazia Manzoor, Head, DoSW & Director, DLL, highlighted its psychological benefits in fostering emotional resilience. Dr. Shakeel ur Rehman, Secretary General, MMF, stressed that caring for elders is a privilege, not an obligation. Dr. Zubair Saleem, Senior Geriatric Consultant, noted its role in maintaining seniors' mental and physical well-being. Dr. Aabha Chaudhary, Chairperson, Anugraha Delhi, in her message reaffirmed the commitment to dignity and inclusion for the elderly.

A powerful cultural theatrical performance by the Social Work Theatre and Art Group beautifully depicted the journey of parental care, contrasting the nurturing

love of parents with the neglect they often endure in old age, leaving the audience deeply moved.

As part of the interactive activities, school children were given drawing kits and encouraged to create illustrations of themselves with their grandparents. Additionally, a heartfelt letter-writing competition was held, where children expressed their love and gratitude to their grandparents through written words.

Grandparents expressed joy and gratitude, cherishing the rare opportunity to bond with their grandchildren in a school setting. "Moments like these make us feel valued," one remarked. Students were equally moved, with many pledging to spend more time with their grandparents, recognizing their love, wisdom, and stories.

Pertinently, Intergenerational Communication: Roots Revival Project, headed by Syeda Afshana, Professor of Media and Communication, aims to bridge the gap between generations by promoting deeper connections between the youth and their grandparents and parents.