

CELEBRATING HAPPINESS IN DIVERSITY ON WORLD HAPPINESS DAY

20 MARCH 2025

On **World Happiness Day 2025**, the **Old Generation and New Generation Meet-Up** was successfully organized by CDS and Kudumbashree in Palakkad. The seminar, led by Chief Project Manager and Psychologist Gautam Ramakrishnan, explored the theme **Happiness in Diversity: Celebrating Intergenerational Relationships in Modern Times under our Project Sashakt Naari and Nairujya Bharat Initiative**. The event brought together elders and youth, fostering a vibrant exchange of experiences, wisdom, and aspirations.



BRIDGING THE GENERATIONAL GAP

The session encouraged meaningful dialogues between different generations, emphasizing the importance of mutual learning and respect. Through interactive discussions, participants explored ways to overcome generational differences, cultivate empathy, and strengthen bonds. The seminar highlighted how intergenerational connections enhance emotional well-being and social harmony, inspiring attendees to cherish relationships with family, mentors, and community elders.



ENGAGING ACTIVITIES AND SHARED EXPERIENCES

A variety of interactive activities enriched the seminar, including story-sharing circles, wisdom exchange games, and collaborative problem-solving exercises. Elders shared life lessons, while the younger generation contributed fresh perspectives, creating a mutual learning environment. The session reinforced the idea that happiness grows when generations connect, fostering a sense of belonging and appreciation for diverse life experiences.

COMMITMENT TO INTERGENERATIONAL HAPPINESS

The seminar concluded with an inspiring **Intergenerational Happiness Pledge**, where participants collectively vowed to nurture **meaningful relationships across generations**. Elders expressed their joy in sharing wisdom, while the youth pledged to actively listen and learn from their experiences. Many attendees shared emotional moments, reaffirming the importance of respect and inclusion. The event emphasized that **happiness flourishes when generations unite**, creating a society rooted in understanding, love, and collective well-being. Through this initiative, CDS and Kudumbashree reaffirmed their **commitment to fostering intergenerational bonds**, ensuring that the spirit of **happiness, wisdom, and togetherness continues to thrive in the community**.

A Gathering for Intergenerational Harmony



“CAPTURING MOMENTS”

