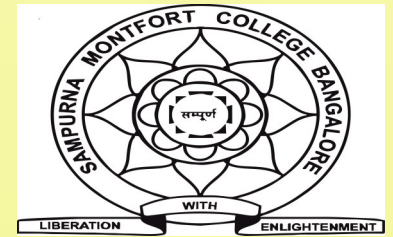




# SAMPURNA MONTFORT NEWSLETTER

SEPTEMBER, 2017 ISSUE



## SUICIDE PREVENTION

*Carry your candle, run to the darkness  
Seek out the helpless, confused and torn  
And hold out your candle for all to see it  
Take your candle, and go light your world  
Take your candle, and go light your world*

Suicide Prevention Day held at Sampurna Montfort College was all about hope, lending a helping hand and creating awareness amongst those who are not yet on par with the increasing Suicide rates amongst the Indian Population. The program began with an insightful panel discussion which consisted of Dr Sabina Roy,

Psychiatrist and Dr Ashwini NV, Director, Mukta Foundation. Their presence was especially helpful in enabling us to understand the various preventive measures that can be used in times of imminent threat to lives of loved ones, and aided us as mental health professionals in the making. Also part of the program were inspiring presentations by various classes on the efforts they put in contributing to awareness regarding suicide and also measures to take for prevention. The day ended with a candle light march and silent vigil outside of Montfort College, with the help of students and faculty alike.





# SAY NO TO SUICIDE!

"Our life isn't good or bad. It's an incredible series of emotional and mental extremes, with beautiful thunderstorms and stunning sunrises."

- Jaeda Dewalt.

1 MSc. Psychology divided ourselves into smaller groups, we went to different public places like Swami Vivekananda Metro Station, Tippasandra Market, Gopalan Mall and Micheal Palya and interacted with people from various ethnicities: students, labourers, officials and many more. We introduced them to misconceptions about suicide, educated them about the current scenario using slogans, pamphlets, and badges and greeted them with lots of smiles. The response we got was overwhelming. Many noted down the helpline numbers that were on our posters and happily wore the badges we made.

- Sharon Antony

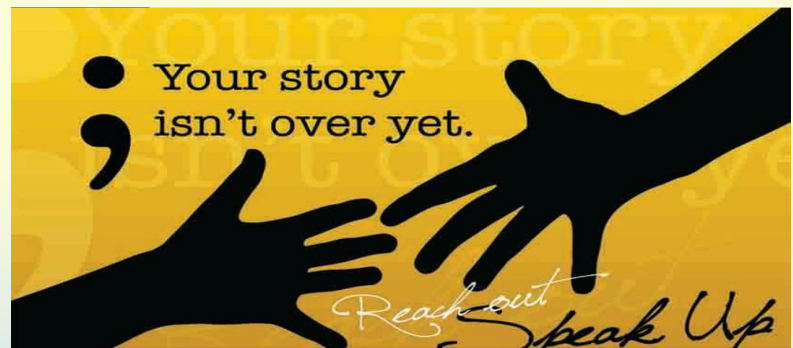
Students from the 2<sup>nd</sup> year SIAS batch chose to spread awareness about Suicide Prevention Week by engaging with the general population in two public spaces – Swami Vivekananda metro station and the Indiranagar metro station. We tried keeping our interactions personal by engaging with people on an individual level and being responsive to queries about issues related with mental health, specifically suicide and suicide prevention. Brochures were distributed to spread details regarding emergency helpline numbers and slogans shouted to garner public attention. The spaces were selected by keeping in mind access to people from all walks of life as well as people of all ages. All in all, as one of our batchmates put it, "It was a gratifying experience to spread awareness about such an important issue today".

- B. Sruthi Chaithanya

As a part of the Suicide Prevention awareness programme, the second-year MSc. Psychology students created a public page on Facebook, one of the most widely used online social networks, to create awareness amongst the public about suicide and how it can be prevented.

The page is called "To be continued;" was started on 7th August, 2017 and received over 600 likes within 4-5 working days. This page is a platform to provide support to anyone in need of help and it addresses the different facets, symptoms and warning signs of a person who might have suicidal thoughts and how it is possible to help them. To be continued; aims to share personal experiences anonymously through posters, news, stories, articles, poems etc. The page remains active with the intention of making it an ongoing endeavour so it continues to have an impact. For the future, the students of the MSc. Psychology class have also planned to organise events in cafeterias or similar places and provide a platform to facilitate face-to-face conversations and discussions with the general population about suicide.

- Shagun Narula



To be continued;

@yourstoryhasjustbegun



Slogans held up high and voices heard a loud on the streets of Bangalore! While this was the story on the outside, there was a lot that went on between the four walls of the 1st SIAS MSCP classroom. Our class kicked it off on Monday with messages written on umbrellas and we performed a flash mob in the college campus. Later on, positive notes were written to different people within the

class by the members of the class; this in turn boosted the self confidence and worthiness of the members.

Following this, our class came up with a 'compliment day', where one gives another a compliment personally and genuine compliments were received with a flower given in return. Later another idea was put forth by the class, known as a 'how are you' day, where people ask each other how they are doing in their lives.

On the last day of the week, we went out as a class to Indiranagar metro station and performed a street play, where we had the chance to meet a huge audience. Despite the pressure from the authorities to clear the area, the crowd engaged and the play continued. During the whole week, the entire class participated and supported each other with great enthusiasm to spread the awareness about suicide prevention.

- Mani Mounika Mokana

# TO NEW BEGINNINGS

## NEW SIAS-ITES!

- Shambhavi N, MSc Counselling



Montfort College, we were directed towards the auditorium where we were greeted by our seniors with flowers and tilak. The faculty members ensured we were seated comfortably before seniors kick-started the inaugural function with an invocation song, greetings and lighting of the lamp ceremony.

Many of us present there had dreams, ambitions and suppressed enthusiasm about becoming future counsellors. Some of us were scared; some excited about our first day and for some it was *déjà vu*, reminding us of our first day of school.

The fun part of our inaugural function was the informal gathering, where our seniors planned games for us. We were delighted that we had a chance to get to know our seniors!

On the morning of 24th July, 2017, our lives got a new dimension. As we entered the quadrangle of

## READY, SET, GO!

- Aradhna Mohan, MSc Counselling

First days are generally a blur; faces, names (that you forget right after you've been introduced) and incessant chatter. *Warm*. The first thing that came to my mind as I entered Montfort. The jitters that had begun to build, quickly disappeared as I was welcomed by smiling faces everywhere I went. The inauguration was held in the main auditorium where the lighting of the lamp was followed by various delightful performances by the seniors. It was great to see the effort that everyone in college had put into making sure that we newbies' felt



comfortable and welcome. Post the inauguration came the ice-breaking session. From running the length of the hall for that one free chair in 'The west wind blows' to getting a full-fledged workout while dancing away to the Ketchup song, everybody was left with a grin and had gotten to know each other a little better by the end of the day.

*"We are family here at Montfort."*

While we didn't quite understand exactly what Brother George meant when he said those words on our very first day, we most definitely do now.

## UPCOMING EVENTS IN COLLEGE

Teacher's day

Child sexual abuse prevention  
Workshop

World mental health day

Mindfulness workshop

Couples communication workshop



**ONAM CELEBRATION AT COLLEGE!**



# THE POWER OF VOTES

## MONTFORT STUDENT COUNCIL ELECTIONS 2017

- Medha Dey, MSc Psychology

On the 31<sup>st</sup> of August, Bangalore University Students witnessed council elections for the post of President, Event Secretary, Treasurer and Sports Secretary. Fifteen enthusiasts from both, the first and the second year contested in the elections. As Montfort College promotes belief in democracy, our elections were carried out in the form of an open ballot.

The contestants' zealous, passionate and occasionally humorous speeches made it tough for the students to decide on a vote. As is the spirit of Montfort, Bro. George opined that "Everyone who runs in a race is a winner." After a nail-biting wait, Jithin Joseph from II MSc Psychology, Kriti



Pahuja from II MSc Psychological Counselling, Niveditha HP from II MSc Psychology and Shraddha Prabhu from II MSc Psychology won the posts of the President, Event Secretary, Sports Secretary and Treasurer, respectively.

"I am extremely honored and happy to be working for Montfort and its students. I want every student to feel that they are a part of this college and I'm sure this year will be amazing!" said Jithin, the newly elected President for Montfort. Students and teachers are eagerly looking forward to see how the new council will bring changes and make this year fun and exciting!

## SIAS STUDENT COUNCIL ELECTIONS 2017

- Kedar K Rao, MSc Counselling



Abiding by a tradition that is now almost two decades old, the core of the student body council was chosen by the SIAS batch of students on 9th August 2017. The purpose of a student council is to mediate between students and faculty, address issues, organize events, and create a fun environment at Sampurna Montfort College. The student council consists of President, Events Secretary, Sports Secretary, Treasurer, and a Representative from each class.

The Election was a ten-day process which started with

twelve brave hearts who gave their names for the four posts. Once the nominees were confirmed, a weeks time was given where creative posters and colorful words campaigned for the coveted posts. It all culminated with two hours of inspiring speeches and voting which resulted in the selection of our Leaders for the year 2017-18.

For each post, the contenders gave a 150-second speech and voting was done. At the end of a live ballot counting by the faculty members, the winners were announced. The core members of the student council for this academic year is as follows:

President: Queen Rajkhowa

Events Secretary: Elisheba Ponukumatla

Sports Secretary: Jaypal Singh

Treasurer: Jude Carrasco

The other contenders also surely would have done justice had they won. By taking up the positions, those four have shouldered the responsibilities that are required of their posts. They are the members that we have chosen to represent us - we can be assured that this year will be a memorable year!

# LET'S CELEBRATE!

## COMMUNAL HARMONY DAY

- Ashika Shruti Chhotray, MSc Psychology

I AM BECAUSE WE ARE..

Communal harmony day was held on 19<sup>th</sup> of August 2017. The intention of this celebration was to honour the death anniversary of Rajiv Gandhi. The event was inaugurated by Br. George, Principle, Montfort College, and Professor Sudarshan did a great job in hosting the event.

India is a melting pot of diversity concerning various religions, languages, cultures, ethnicities. In the current socio-political scenario; it is the need of the hour to throw light on the importance of communal harmony. Two enlightening videos were shown to the students; this along with inspiring words from Sudarshan motivated us to think and dive deeper in understanding the very essence of communal harmony.

The students were of the view that if we can understand each other's culture, we will start respecting each other, and by helping everyone no matter which country, religion or community

they belong to, we can each in our own way spread communal harmony. A quote mentioned by one of the students is what I take back from this event, "I am because we are".



## 71 AND GOING STRONG

- Keren Jeba Shalom, MSc Counselling

While the entire nation was busy in preparations for the 71st Independence Day, at Sampurna Montfort, celebration was well underway. On 14th August 2017, the college community gathered at the auditorium for the occasion. The chief guest Bro. Dhanraj spoke about freedom in the present day and challenged the audience to achieve true freedom that Gandhi spoke about.

Every class put up performances that brought out the diversity that is India. From Montfort's side, Reini recited a Poem and Jimsy gave a speech. There were

patriotic songs from A.R Rehman and Shankar Mahadevan by SIAS's 2nd year and PG diploma students respectively. The first years put out a semi classical bollywood number and sang a mashup that ended the evening with Vande Mataram. On the morning of August 15th, Queen Rajkhowa (President, SIAS) addressed those present and hoisted the flag with Bro. George (Director, Sampurna Montfort College) and Jaipal Singh (Sports Secretary, SIAS). The Indian flag fluttered high and proud as its citizens stood in unison under it.



### CORE COMMITTEE

Faculty Members- Lopamudra Goswami

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Designing- Advika Agrawal

Samiha Shaji

Editing- Amiti Varma

Sneha Narayan

Tanisha Kedia

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Laharika Reddy

**THANK YOU TEAM!**