



# SAMPURNA MONTFORT COLLEGE



## NEWSLETTER September 2018

### Montfort welcomes the batch of 2018 SIAS students - Kedar Rao and Prabjyot Singh Ranhotra

On the 18th of July, the Montfort auditorium was filled with excitement, curiosity and nervousness. The inauguration ceremony for the new batch of SIAS students began with a prayer song, followed by the lighting of the lamp by all the veterans of Montfort College. The then 2nd year representative, Sindhu, welcomed the newcomers. The gathering was blessed with a prayer and reflection by Brother Jacob, and was later cordially welcomed by Brother George.

Kedar and Prashshya shared their personal experiences.

A song was performed by Phiba, Shyama, Mounika, Keren, Juze and Santhosh, followed by a dance performance by Keren and Shivli. The entire faculty was introduced to all the 1st year students by Maxim Pereira. The program ended with Juze giving the vote of thanks.

The emcees for the day were Kamila and Ajinloo, who kept the show going efficiently throughout the day.

Following the formal program, the seniors held an interactive session with the freshmen, in order to encourage getting to know each other. The activities organized included dance

, games, and personal introductions by each and every student. The session was not only inclusive and fun, but also became a great way to know the experiences and interests of peers. The diversity in terms of experiences, work field and age only reflects the wholesome platform Montfort College provides for one to pursue growth and increase in knowledge.

The program served its purpose as it left the newest additions to the Montfort family feeling welcomed, with a lot of positivity towards the journey ahead

## A dream come true - Sanjushree V H

Br. George Padikara, Principal and Director of Montfort College, Bengaluru is part of the Montfort Brothers of St. Gabriel, Yercaud Province. The congregation of Montfort Brothers conducted the General Chapter which occurs once in six years at Rome, Italy.

On 27th April, 2018 the Montfort Brothers and few sisters had a private audience with the Pope, where the Superior General transpired their life and mission. The Pope appreciated their ideology and encouraged them to be more compassionate and joyful for the greater good of mankind. Br. George Padikara was grateful when reminiscing his meeting with the Pope. He was quoted saying, "The present Pope is not a traditional person, but goes out and reaches to the general crowd. It was a dream come true experience for me to have met him, shook hands with him and be able to converse a couple of sentences with His Holiness Pope Francis."



## Collaboration with University of Polonia - Jyoti Mariam Joseph

The Polonia University in Czestochowa, Poland, initiated an academic collaboration with Sampurna Montfort College in the month of May, 2018. Prof. Dr h.c. Ph. D. Andrzej Krynski, the Rector of Polonia University, and two other delegates, Mr. Yves Merlin Kengne, MA International Relations Office Assistant, and Mr. Andrii Galaidin, MA Head of the Rector's Office, visited the college during the Rector's visit to India. On 3rd May, Br. George Padikara chaired a meeting with the Rector along with Bro Jacob, Maxim Periera, Sritha Sandon and Saritha Mathew. The meeting witnessed the drafting of a Memorandum of Understanding (MoU) duly signed and approved by the University of Polonia and Sampurna Montfort College. The MoU essentially included academic activities like student and faculty exchange programs, guest lectures, etc., that could benefit both the institutions.

## SIAS Elections - Astha Sharma

The 2018-19 elections for Sampurna Institute of Advanced Studies (MLCU) were held on the 13th of August after a three-week nomination and campaigning period. The student council decided to do away with the hierarchical elective structure; instead, each of the elected nominees is now a representative of their class at the student council. Eight nominees stood for the post, and campaigned with speeches, posters, and banners around the college. Three of them would be elected.

Prabjyot Singh Ranhotra, the elected representative of PGDCP mentioned that he had volunteered to stand for the elections as he felt responsible for his class.

L Roopa Karthi, elected as the representative of 1st MSCP credited her class and seniors for the endless support that helped her stand for the elections and win. Jose Fernandes of 2nd MSCP affirmed that he was overjoyed on the announcement of the results. "I will do my best with the responsibility entrusted to me and bring my potential for the growth of the institution," he said.



## Shubhaarambh! -Princy Mariam Thomas

addressed the gathering. He shared his insights on how biology is a life science that is essential for living, and spoke about the importance of bee keeping which is his area of study. He concluded his speech with a few words about the positive atmosphere of the Montfort community.

As the MCs Akshatha and Sneha mentioned, apart from being known for academics, self-awareness and enlightenment; Montfort truly loves entertainment! The seniors embraced the juniors with songs and dances, each with a spirit of positivity to give them assurance that they were in good hands and remind them that love can turn the world. A meaningful vote of thanks was also rendered by Aradhna Mohan. A programme where technical glitches were hardly noticed is invariably a good one!

The inauguration ceremony for the first-year students of Psychology and Psychological Counselling under Bangalore North University was held on the 31st of August. It was one of the most awaited events, as it was meticulously planned and the commencement date for first year courses had been extended due to various reasons. It seemed like Montfort was preparing for a baby, and everything that was going on revolved around the baby who was yet to arrive. When the day finally dawned, Montfort opened its arms to new faces; those who would be changed by Montfort and change Montfort, alike.

The program of the day started by welcoming the first-year students with Kumkum, Chandana and a flower to wish them good luck and direct their thoughts toward spirituality. We sought the 'Transpersonal Entity' in our new beginning through reading from the Quran, Bhagavad Gita and the Bible, and Br. Jacob reflected on the scriptures that were read.

Br. George addressed the gathering that comprised of students, parents, faculty and support staff and welcomed new members into the Montfort family. The chief guest Prof. Dr. M. S. Reddy, introduced by Maxim Pereira,



## Freshers! - Shreya Deuri

31st August marked the inauguration of the MSC courses in Psychology and Psychological Counseling at Sampurna Montfort College under BNU. After much delay, the academic year 2018-2019 finally began with an enthusiastic display of performances, speeches and introductions.

The highlight of the program was the vibrant cultural program put together by the second year students. Various solo, duet and group dance performances and soulful song renditions made for an eventful morning. This was followed by formal introduction of the teaching and non-teaching faculty in the afternoon. The day ended with an informal ice-breaking session with the seniors. Fun games and activities were organised to encourage all the students to get to know each other. In a nutshell, Sampurna Montfort College, with all its faculty and students, left no stone unturned to extend the warmest of welcomes to the new members of the "Montfort family".



## Visit by Superior General of Montfort Brothers - Sneha Menon

On the 3rd of August, the Superior General of Montfort Brothers, Rev. Br. John Kallarackal, made his first formal visit to our college after his re-election for the second mandate. The event began with an invocation dance, followed by a welcome address by Br. George Padikara. Br. Jacob was invited to introduce the chief guest, Rev. Br. John Kallarackal, and the guest of honour, Br. George Palackal.

Rev. Br. John Kallarackal, a mental health professional, did his Masters in Counselling at Pennsylvania University in USA and has held the position of Principal in many institutions. Br. George Palackal is the Provincial Superior of the Montfort Brothers, Province of Yercaud. He studied clinical counselling psychology in Philippines and has worked in the Fiji Islands.

In his speech, Rev. Br. John Kallarackal reminded us the significance of this year as it marks the 20th anniversary of Montfort College. He shared two philosophies: the first was the 4 D's of success - Desire to do something, Direction to take towards your goal, Determination to continue and Discipline to keep it consistent; second, he mentioned that the key ingredient for a mental health professional is "the skill of communication." Br. George Palackal's urged us to take an aptitude test and stressed on the importance of confidentiality in our profession. This was followed by dance performances and the vote of thanks.



# The Kerala Flood Relief Camp - Preetha Thomas and Soorya

The Montfort college organised a Kerala flood relief camp from 26th August 2018 to 31st August 2018. As a part of a multi-disciplinary approach to disaster management, social workers and psychologists both, extended their professional expertise towards helping individuals, families and the community at large. The team reached out to the affected people at Kochencherry and Thiruvalla under Pathanamthitta district through the local social service society and local leaders. They extended their services to one hundred families, identified according to their needs and demands for psycho-social services. "I was extremely delighted to be the coordinator of the ten members Volunteer team", says Preetha Thomas, FCC Counsellor. She went onto explain "being the facilitator of the volunteer team, I faced challenges when it came to working with accessibility and availability of resources and also accounting for the diverse reactions from the affected people". "I appreciate the collective efforts of the budding psychologists for their dedicated volunteer services", Preetha added. The nine student volunteers were Jitesh, Roopa, Dheeraj, Pramila, Sanjay, Peter, Ramya, and Vinitha from 1st semester Counselling Psychology, SIAS.

The relief-service team of ten members had been organised to provide full-fledged services to the unreachable areas. The services offered were house-cleaning, distribution of relief materials, psycho-social activities and health awareness campaigns. In the context of social work, motivational sessions were conducted for women through Mohalla meetings to foster their social interaction and coping skills. Recreational activities were conducted among school children to enable them to overcome the fear and anxiety related to the flooding. In addition, door to door visits were carried out in the affected areas and the turbulent emotions among people like frustration, anxiety and fear, sparked due to lack of permanent shelter and financial hardships were noted

"Though I have not done much, my little contributions like cleaning their houses and distributing relief materials, makes me happy and content. The positive attitude in them has inspired me so much to keep going in life" says Peter, a volunteer.

"Words like humanity, love and peace have so much more meaning through this, as everyone in the state started helping each other in spite of their differences. This experience helped me to learn the value of life, no matter what the circumstances are", explains Ramya, when asked about her experience as a volunteer. Another volunteer, Roopa says "It was very scary for me and my family, but I pushed myself because it had a purpose and it was for a cause. It was so overwhelming in the beginning to see how people were coping with things and the fact that we were going to serve people itself was a blessing".

Kerala faced one of the most disastrous calamities in decades, yet it served in exposing the beautiful side of humanity that will aid in keeping us going for years to come. Ironically, sometimes the worst things in life brings out the best in us.



## Upcoming Events

- Halloween- October 30th
- Acceptance and Commitment Therapy workshop - October 31st
- Walkathon/Runnathon- November
- Children's Day - November 17th
- Ethnic Day - November 27th
- Christman Celebrations- December
- International Conference Frontiers of Consciousness - December 28th, 29th

## “Becoming Seniors” - Lavanya & Sakshi

“We really miss our seniors. They helped us a lot. But I think the juniors will really really compensate for that. They are super pumped and enthused.” (Now see, we really wanted this article NOT to be juniors centric, but well, you all have said such sweet things about us because we’re awesome. Just kidding! We love you, seniors.)

Senior year can bring in a bundle of mixed emotions. Feelings of nostalgia, confusion, fear, extreme happiness and as one of our seniors repeatedly emphasised “feeling overwhelmed.” Overwhelmed, not just because of the anticipation of being here for a year but also because of the fear of leaving soon. So we asked a bunch of seniors what “becoming seniors” felt like, here are a few excerpts from the conversations we had with our awesome-sauce seniors.

Let’s start with the cutest Chipmunks ever. Jimcy expressed how she finally has juniors to rag. When asked what she meant by that, she gave us a badass smile and said, “I can tell them to bring chips from the mess and come!” (if this is what ragging entails, we’d totally be up for it). Mahima, (who has moves like jagger) was super excited that they finally have control over the music that played during events at college. She also added how it’s all the more exciting in hostel. “Here, deeper relationships are being formed because everyone literally lives together and it’s extremely genuine around here.” Coming to everyone’s fav chipmunk Theodore aka Kristen, she, like everyone else “loves” the juniors (us, us). You all have made it a point to make us all feel comfortable and a part of the Montfort family and we are extremely grateful for that.

Along with all this excitement and buzz, they said that there is also this lingering feeling of fear because, “At Montfort, we are all in our own bubbles; people are really nice and sensitive here so it’s a little scary as to what happens when we go out of here.” There are some confused seniors who aren’t sure what exactly is happening. Keerthana, for instance, admitted that she’s clueless as to what it is like, to become a senior. Some seniors are already freaking out as to what they’ll do after their life at Montfort. One of the seniors spoke about how extremely overwhelmed she is, by the thought that they have to leave the Montfort family in a year. “I’m not sure if I’ve learned enough to go out there.” Along with all the excitement, confusion and fear, they are all definitely sad they are leaving in a year (\*sing in unison\* “Kabhi alvida na kehna, kabhi alvida na kehna.” \*inserts tear drop emoji\*)

Sigh. It’s becoming very sentimental, isn’t it? But let’s change tone a little. Even though the thought of leaving this “home away from home” is terrifying, it’s always fun to take up new things before finally leaving college. Sneha is excited about this semester. She says, “It’s surprising to take up new responsibilities and duties towards the college and our juniors.”

You seniors have set a very good example for the freshers. You have always been there for us; from helping us carry our suitcases when we first came to helping us find our classrooms and convincing us multiple times, that it’s all going to be okay. We know for a fact that it will, because every time we’re lost in thought or worried, there’s some senior in the corridor that gives us a wide smile and makes our day.



# Student Council Election 2018-19

(BU and BNU)

Jyoti Mariam Jacob

In the words of Warren Bennis, 'Leadership is the ability to translate vision into reality'. The Montfort Family believes in the virtues of respect and sensitivity towards each person we meet. These qualities are also the foundations on which the college bases its Student Council elections.

The BU and BNU elections for the Students' Council happened on 17th September 2018 in the auditorium at 3.30pm. The aim was to bring together representatives from each class to form a non-hierarchical body. The procedure was a fair and unbiased secret ballot. There were a minimum of two nominations from each class. The aspiring nominees came up on the dais as called and gathered the voters' confidence with the power of their speech. All students from BU and BNU had an equal chance to vote. Students had to write the name of any one candidate from each class on the ballot paper and drop it in the ballot box to cast their votes. Ms. Lavanya John(1st PC), Ms. Aradhana Mohan(2nd PC), Ms. Soorya O. (1st Psych) and Ms. Kristen Lancelot(2nd Psych) were elected to be the members of the student council for the academic year 2018-19.

Montfort College is a storehouse of diverse potential and vivid talents. It is also a place of ample opportunities. We, the members of the students' fraternity wish the council members good luck for all their endeavours and we hope to see you all open more doors of opportunities for yourselves and for your peers. Good luck!



## SUICIDE PREVENTION AWARENESS

Prabjyot Singh Ranhotra

The month of September encourages the prevention and awareness of suicide as well as the importance of mental health. From 9-10-18 to 15-10-18, students of Sampurna Montfort college went to different parts of Bangalore to raise awareness. Songs, dance-drama, skits and role-plays were performed at various public places such as M.G. Road, Gopalan Signature Mall(Old Madras Road), Sir CV Raman Hospital and more. Brochures and pamphlets with Helpline numbers as well as relevant information about counselling services available were distributed to the public. The goal of this initiative was to psycho-educate the general population as well as to urge them to understand the vulnerability and condition of people who may be in need of help. The various activities performed around the city were presented on the 10th of October, Wednesday, to the rest of the college.

The program was inaugurated with a prayer song by the student council. The emcee for the day, Deepak, with his impactful voice and persona, kept the entire event flowing with great enthusiasm. The chief guest for the event Mr.

Maxim Pereira, addressed the crowd and educated them about the important role of counsellors and psychologists, especially in the case of suicide. The event began with the presentation of reports and performances by the students; the performances were either enacted or presented in the form of pictures and videos.

Brother George congratulated all the students and acknowledged their hard work in spreading awareness. The programme ended with the screening of a documentary made by the students, featuring faculty members and other students sharing their views on the importance of spreading awareness about the prevention of suicide. We congratulate all the students for making the effort and taking initiative to create and spread awareness about the prevention of suicide and making the week a grand success!

## New found freedom as Section 377 is abolished

Anchitha Rao

Love has no boundaries and knows no limit. It is not confined to any normative limits. It is free, wild and is captured in all forms. India is now successful in celebrating the different colours and forms of love.

A historic judgment was given out by the supreme court of India on 6th of September that scrapped section 377 by declaring that consensual adult gay sex in private is not a crime. The apex court has defanged the section 377 of IPC which deemed gay sex as a punishable offence. This new judgment is a huge victory for the LGBT communities who have been fighting for their rights. This is big step by India towards personal liberty and privacy for its people.

Students of SMC too are celebrating love and victory by sharing their views and opinions on the scrapping of section 377. "I'm super happy especially because I belong to the community. And it was about time this happened. I'm very proud of India for getting this far. I hope we keep moving forward from here and lots more to achieve for equality," said Deeksha Bala of 1st MSCP. This remarkable judgment has taken the internet by storm with people all over the country celebrating this new found freedom. People are embracing each other for who they are. They are celebrating their identity with love, pride and dignity.

Akshatha PB from 2nd MSCPC feels that equality is not limited to the law, it must dwell in the society too. "Even in official forms, the option of 'others' must be replaced with 'LGBTQ'," she says.

When caste can have so many options, why not gender? Sai Shivani from 1st MSCP who is proud about this judgement says, "The change in law has paved way to break this stigma, it has made society embrace people as they are and not for their orientation."

This is a small step in the long fight ahead. But the first step is what leads to the destination. So let's celebrate this victory of love and congratulate everyone who actively fought for equality and dignity.



## Top 10 Cafés in Indiranagar - Shubhangi More

- Bean Flickers
- Café Terra
- The Yogisthaan café
- Onesta
- The Mad Teapot café
- Eddy's café
- HappyHealthyMe
- Truffles
- The Teal
- Door café
- Django



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