



Annual Report

2017-18

Montfort College

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INTRODUCTION

Montfort College, Bangalore - affiliated to Bangalore University is a premier higher education institution for Post Graduate studies offering programs at the master's level. Its curricula entail teaching, evaluation, therapy, counselling, and research in different sub-disciplines of psychology. It is located on Old Madras Road at Indiranagar, Bangalore; spread over an area of 1.83 acres. It is one of the 160 educational institutions managed by Montfort Brothers of St. Gabriel. Montfort Brothers have been involved in academic, technical, and special education of the youth in India since 1903, mostly for the poor and rural population.

To address the large requirement of trained psychological counsellors for educational, family, health care and industrial settings. Montfort College Society has pioneered counsellor education training in India, being the first college in India in 1998 to conceive and conduct master's level programmes in Counselling Psychology. There is an increasing need for trained mental health professionals for educational, family, healthcare, and industrial settings, and for mental health professionals to evolve creative and need based responses to the growing concerns of individuals and communities. Various courses and programmes at Montfort College are a humble response to address this need.

“Liberation with Enlightenment” – with this motto, Montfort College was started, to train young minds in Counselling and Psychology. The Institution strives for holistic development of its students and through them, the clients they will be dealing with in the society.

VISION

We envision mental and emotional well-being in society. The broad vision of Montfort College is expressed in its motto “Liberation with Enlightenment.”

MISSION

To train Psychologists and Counsellors with probity, personal integration, and professional competence, to provide contextually relevant, socially inclusive, and acceptable mental health care support to all in need.

CORE VALUES

- INTELLECTUAL CURIOSITY & ACADEMIC EXCELLENCE
- PERSONAL PROBITY
- CULTURAL AND GENDER SENSITIVITY
- EMPATHY & COMPASSION
- COMMITMENT TO SOCIAL SERVICE
- PERSONAL INTEGRATION & GROWTH
- HOLISTIC WELL - BEING
- PROFESSIONAL & MORAL COMPETENCE

OBJECTIVES

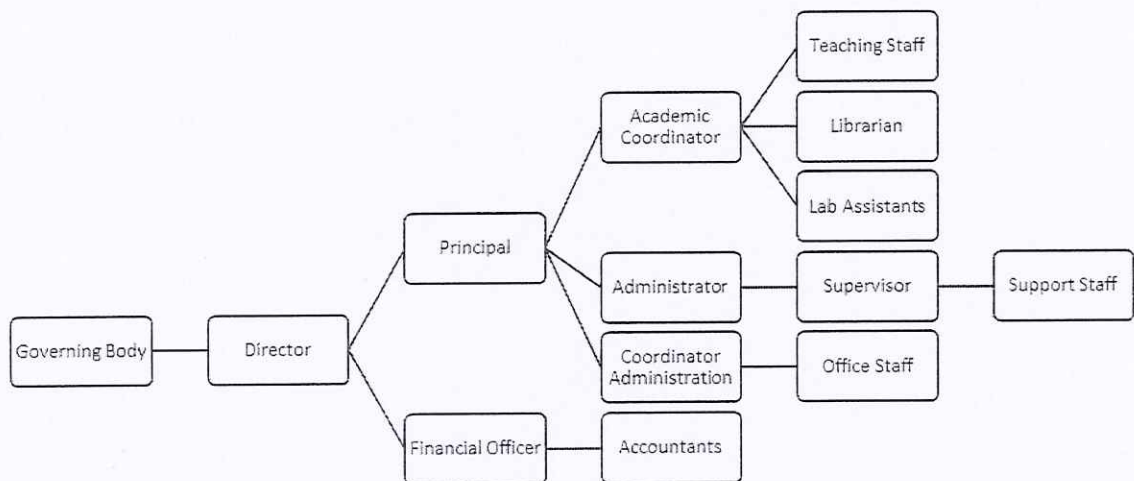
The objectives of Montfort College are as follows:

- To provide the ambience of quiet learning and amiable, free interaction among students and faculty.
- Adequate mental formation of students towards self-awareness and personal integration
- Excellence in teaching, learning, and research
- To arouse enthusiasm for promoting holistic mental and emotional health
- To provide experiential and skill-based training
- To apply advances in learning and knowledge to the relevant fields of work
- To promote excellence in the fields of Psychology and Psychological Counselling
- To become uncompromising in respect for the individual and develop a genuine feeling of compassion for the suffering and the needy.

PROFILE OF THE INSTITUTION

Name	<i>Montfort College</i>
Address	<i>No. 184, Old Madras Road, Indiranagar Post, Bengaluru – 560 038</i>
Phone	<i>+91 80 2528 3320 / 2528 4050</i>
Email	<i>montfort@vsnl.com</i>
Website	<i>www.sampurnamontfort.com</i>
Principal	<i>Bro. George V.J.</i>
Established	<i>1998</i>
Type	<i>Co-education</i>
Affiliation	<i>Bengaluru University (Permanent Affiliation)</i>
UGC	<i>recognised under '2 f' of the UGC Act</i>
Student Strength	<i>143</i>
Student Brand	<i>Montfortians</i>
Chairman	<i>Bro. George Palackal, Provincial Superior, Province of Yercaud</i>

WORKING SYSTEM OF THE COLLEGE



GOVERNING BODY

Name	Designation
Bro. George P. J	Chairman
Bro. Mathew Panathanath	Vice President
Bro. George V J	Secretary
Bro. Jacob Ezhanikatt	Treasurer
Bro. Lawrence Joseph	Member
Bro. Binu Mathew	Member
Bro. Jenny Kuriakose	Member

GOVERNING COUNCIL

- Bro. George V J, Principal, Montfort College
- Prof. K K Seethamma, Former Registrar, Bangalore University
- Prof. V A Mohan Rangam, Advocate
- Prof. V K Anthony, Retd Deputy Registrar, Bengaluru University
- Bro. Jacob Ezhanikatt, Professor
- Dr. S V Suryarekha, Professor
- Ms. Sritha Sandon, Associate Profession
- Ms. Saritha Mathew, Coordinator Admin
- Sr. Genevieve, former Principal Mount Carmel College
- Mr. Seby George, Retd Air Force
- Mr. Luckose Vallatharai, Retd Civil Servant
- Bro. Mathew Panathanath, Former Principal, Montfort College

IQAC

Internal Members

- Bro. George V J, Principal and Director
- Bro. Mathew Panathanath, Former Principal
- Bro. Jacob Ezhanikatt, Management Representative
- Dr. S V Suryarekha, Professor & former Principal I/c
- Ms. Sritha Sandon, Associate Professor & IQAC Coordinator
- Ms. Saritha Mathew, Coordinator – Administration
- Ms. Sneha Menon, Student Representative

External Members

- Sr. Genevieve, former Principal Mount Carmel College
- Prof. Tony Sam George, Dean of Humanities, Christ University
- Prof. Molly Joy, Head of Department, Kristu Jayanti College
- Ms. Karuna Bhaskar, Director, Resilience works
- Ms. Sangeetha Reddy, Alumna, Montfort College

FACULTY DETAILS (Full Time)

Name	M /F	Designation
George V J	M	Principal
SV Surya Rekha	F	Professor
Sritha Sandon	F	Associate Professor
Visalakshi Sridhar	F	Assistant Professor
Sudhamayi	F	Assistant Professor
Lopamudra Goswami	F	Assistant Professor
Lalropuii	F	Assistant Professor
Daisy Isaac	F	Assistant Professor
Maxim Pereira	M	Assistant Professor
Sudharshan H L	M	Assistant Professor
Jayamala Madathil	F	Assistant Professor

FACULTY DETAILS (Part Time)

Name	M /F	Designation
Ms. Jeeshma R	F	Assistant Professor
Ms. Neha Parashar	F	Assistant Professor
Ms. Sangeetha Reddy	F	Assistant Professor

COMMITTEES AND CLUBS

Montfort College has various committees and clubs to train students to become leaders and to plan and organise events in an orderly manner. Each club or committee focuses on a specific area and deals with the area under consideration. These committees also serve the function of grooming talents in the institution. Students with specific interests and abilities are facilitated to take the initiative and express themselves. These initiatives also serve as a team-building experience.

Student Council

Students are encouraged to be involved in self-governance. Thus, a student council is elected every year. Students elect members like a President, Treasurer, General Secretary, Cultural Secretary and Sports Secretary once a year through an elaborate and meticulous election process. The council organises a number cultural and academic events throughout the year.

The election for the various posts for the Student Council for Montfort College was conducted on 31 August 2017.

President: Jithin Joseph (3rd sem)

Event Secretary: Kriti Manoj Pahuja (3rd sem)

Sports Secretary: Niveditha H.P (3rd sem)

Treasurer: Shradha Prabhu (3rd sem)

Anti-Ragging Cell

Ragging is a cognizable offence punishable with imprisonment according to the Government of Karnataka. The Anti-Ragging Cell is established to develop a responsive and accountable attitude in the Management to ensure that there is no laxity in dealing with any instance of ragging/bullying/teasing. The purpose of this cell very specifically, is to ensure that staff and students are not subjected to any form of ragging/bullying/teasing. The institution recognizes that ragging/bullying/teasing could become a problem in any academic setup and the cell is established to ensure that victims of this evil have an approachable forum that works promptly and effectively towards ensuring a safe and harmonious environment.

Committee for Inquiry and Redressal of Sexual Harassment Complaints (CIRSHC)

Montfort College believes in maintaining an environment that is free from any form of harassment. The CIRSHC helps in redressing complaints in this area.

Grievance Redressal Cell

The Student Grievance Redress Cell is established to promote and maintain a conducive and unprejudiced educational environment and to ensure effective/acceptable solutions to student grievances. Guidelines on who to contact and how to register a grievance are given in the Grievance Redress Cell Handbook available in the library.

Research Development Cell

Research club of the institution helps in the exploration, expression, and working together of students and faculty in differences and similarities. The members came together and brainstormed to develop research incubators.

Library Advisory Committee

The Library Advisory Committee comprises of the Librarian, Faculty, and Students. Meetings held helped in creating a link between the needs of students and the college library. The suggestions by students were useful in procuring and purchasing new titles for the library.

Placement Cell

Campus interviews are arranged to provide employment opportunities to students.

National Service Scheme

The National Service Scheme (NSS) under the Ministry of youth affairs and sports is aimed at the development of the personality of students through community services. Montfort College has been allotted with “Self-financed NSS unit” in 2017 to expand the NSS activities. The NSS unit of the college, of which students are automatically a part, conducts several social work activities which would benefit the underprivileged.

CURRICULAR DESIGN AND DEVELOPMENT

The institution practices several **Innovative Teaching – Learning Methods** to enhance student's learning experience.

COURSE WORK: The course work follows the Choice Based Credit System (CBCS) with core, soft-core and open elective papers, spread over the four semesters. It includes thirteen core theory papers focused on conceptual knowledge, five core practical papers focused on skills training, two soft-core papers, along with project work, psycho-educational workshops, open elective, supervised practicum, and Research Dissertation.

ACADEMIC PROGRAMMES

- **M.Sc. Psychological Counselling (M.Sc. – PC)** –A two-year programme spread over four semesters. The purpose of this programme is to prepare counselling psychologists with academic, professional, and personal credentials to provide a variety of counselling services including school counselling, couples and family counselling, and work-place counselling. In addition, students are prepared to pursue academic and research careers.
- **M.Sc. Psychology (M.Sc. – Psy)** – This course aims at preparing individuals to work in clinical, child-guidance, and industrial settings, functioning as psychologists, providing psychological assessments and therapies suited to the needs of the clients they work with, developing competencies in research and assessments, equips students with the necessary knowledge and skills to pursue careers in research as well. They are also provided with opportunities for self-exploration and personal growth as well as skills training and integration and joining this course are exposed to various settings in which mental health care is provided through field visits and internships.

Research Centre recognized by Bengaluru University

The institution is a recognised research centre for Bengaluru University leading to Ph.D. in Counselling Psychology. This allows students to move smoothly from masters' programme to research. The doctoral programme seeks to develop researchers who contribute significantly to the fields of Psychology and Counselling.

VALUE ADDED/ CERTIFICATE COURSES

Montfort College offers various **Certificate Courses on Full Time and Part Time** basis. These programmes aim to benefit anyone who works in social work, education, health care and useful for parents as well as corporate employees.

Name	Date / Period	No. of Hours	Coordinator	No. of students registered
Certificate Course in Counselling Psychology (Part time)	16-09-2017 to 24-03-2018	100	Mr. Maxim Pereira	32
Indigenous and Transpersonal Psychology	19-02-2018 to 23-02-2018	32	Mr. Sudharshan HL	38
Certificate Course on 'Life Skills Education' – Training the Trainers	24-03-2018 to 16-06-2018	50	Ms. Ashwini N V	21
Certificate Course on Cognitive Behaviour Therapy	1, 5, 6, & 12-11-2017	32	Dr. Daisy Isaac	25
Certificate Course in Counselling Psychology (Full time)	07-05-2018 to 26-05-2018	100	Mr. Maxim Pereira	32

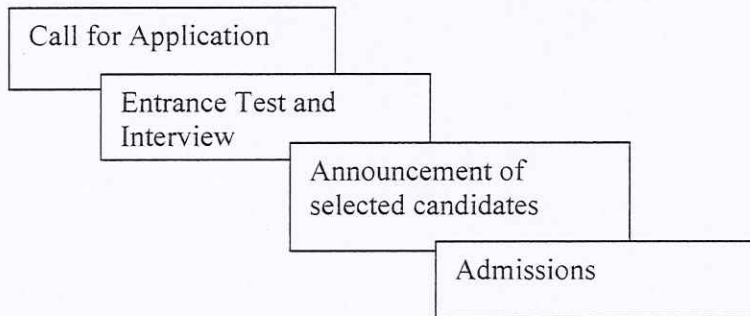
WORKING SYSTEM OF THE COLLEGE

Calendar of Events

MONTH	EVENTS
July	Commencement of Classes for 3 rd semester students Inauguration for the first semester
August	Commencement of classes for 1 st year students Students' orientation programme Independent day celebrations Communal harmony day Deccan Herald Metro life Fashion Show Workshop on Mental Status Examination Intercollegiate Psychology Fest Guest Lecture on Empathic Communication at Krupanidhi Degree College, Bengaluru Awareness programme on Counselling to the public Student Council Election Communal harmony day
September	Suicide Prevention Day Suicide Prevention Awareness Campaign organised by Positive Psychology Unit, NIMHANS 3 rd Annual Symposium in collaboration with DRISHTI, "Decoding Inclusion with SMILES – Self Managed Inclusive Learning Environments Meditative workshop on "Dealing with Loneliness" Workshop on Prevention of Child Sexual Abuse Teachers Day
October	Couple Communication and Conflict Resolution Workshop NSS Camp Prabuddha Manasa - Intercollegiate Fest National seminar on mindfulness in schools

November	<p>Eye Camp for students</p> <p>Kannada Rajyotsava</p> <p>Ethnic Day</p> <p>Khushi-Children's Day - Outreach</p> <p>BOE meeting at Bengaluru University attended by Bro. George V.J and Mrs. Sritha Sandon</p> <p>Session at AIGA</p>
December	<p>Entrepreneurs Galore</p> <p>Human Rights Festival</p> <p>Experiencing the Divine Self - A Workshop on Indigenous Psychology</p>
January	<p>Workshop on Abuse and Trauma</p>
February	<p>Play Therapy Workshop</p> <p>FDP: "Creative Tools & Techniques towards futuristic Education."</p> <p>The Future of Marriages and Family in India from 2018 – 2028</p> <p>National Students' Conference: To Encourage Young Scientists</p> <p>Workshop was organized on 'abuse and trauma' by Sampurna Montfort college and was facilitated by Ms Sue Santilreson on 29th and 30th January 2018.</p> <p>Psychospiritual development workshop</p> <p>FDP on multidimensional Transformation of Trauma</p> <p>Campus Recruitment – Askmile.com</p> <p>Campus Recruitment – Papagoya</p> <p>Campus Recruitment – EvolveEd</p> <p>Campus Recruitment –ShikshaKalp</p>
March	<p>Annual Sports Day</p> <p>Campus Recruitment – Reknown Edu Services</p>
May	<p>Campus Recruitment –ShikshaKalp</p> <p>Farewell</p> <p>Commencement Ceremony</p>

Admission Process



Eligibility

M.Sc. COUNSELLING PSYCHOLOGY: B. A / B.Sc. degree having studied at least one paper in psychology at the under- graduate level, or B.Ed., or P G Diploma in Counselling from a recognized university with 50% marks in aggregate.

M.Sc. PSYCHOLOGY: B.A / B.Sc. degree with psychology as one of the subjects. Applicants should have secured a minimum of 40% aggregate of all optional subjects and 50% marks (45% for SC/ST) in Psychology.

Demand Ratio

Programme	No. of Seats available	No. of applications received	No. of students Admitted
M.Sc. Psychological Counselling	20	104	20
M.Sc. Psychology	23	95	23

Student Strength / Admission Abstract

Name of the Programme	Boys	Girls	Grand Total	Among Total strength																
				SC		ST		C-I		II-A		II B		III-A		III-B		GM		
				B	G	B	G	B	G	B	G	B	G	B	G	B	G	B	G	
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	
M.Sc. Psychological Counselling, I Year	02	34	36	01	02	-	01	-	-	-	-	-	-	-	-	-	-	-	01	31
M.Sc. Psychological Counselling, II Year	03	23	26	-	02	-	02	-	-	-	-	-	01	-	-	-	-	-	03	18
M.Sc. Psychology, I Year	04	37	41	-	02	-	01	-	-	01	-	01	-	01	01	01	01	02	31	
M.Sc. Psychology, II Year	01	39	40	-	01	-	-	-	-	02	-	01	-	01	-	-	-	01	34	
Grand Total	10	133	143	01	07	-	04	-	-	-	03	-	03	-	02	01	01	07	114	

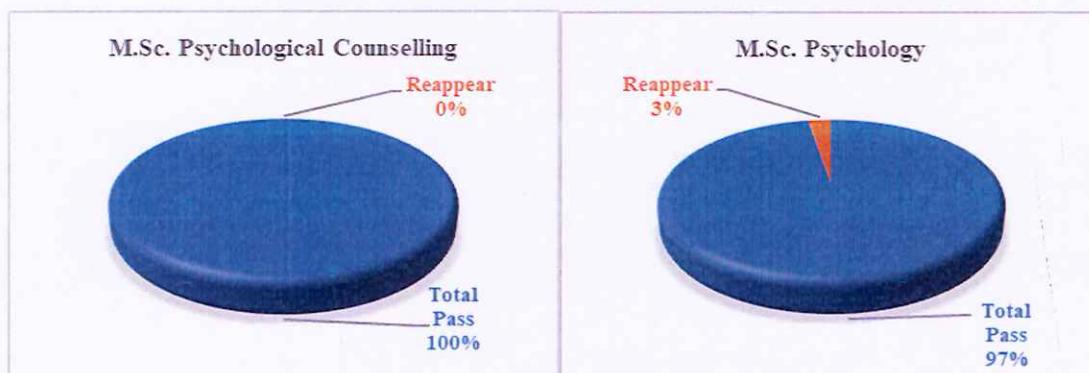
ACADEMIC PERFORMANCE

Rank Holders

For the batch of 2016-18 the following were the rank holders: Psychological Counselling students Amulya D S L (79.73%), Pratiksha (78.96%), Catherine Johnson (77.00%), Shah Surbhi Sukesh (76.57%), Nitish J Bhagath (76.53%), and Psychology students Manasvi Kannan (78.57%), Maria Sonia (78.53%), and Priyanka Ann Cherian (78.38%).

Result Abstract: 2018 (Batch 2016-2018)

Program	M.Sc. Psychological Counselling	M.Sc. Psychology
No. of Students Appeared	26	38
Total Pass	26	37
Percentage	100	97.3



Program	M.Sc. Psychological Counselling	M.Sc. Psychology
First Class Exemplary	1	0
First Class Distinction	16	27
First Class	8	10
High Second Class	1	0
University Ranks Obtained	I, III, IV & V	II, III & IV

INFRASTRUCTURE FACILITIES:

The college building has a built-up area of 39,926 sq. ft in four floors; our hostel building has a built-up area of 21,540 sq. ft also in four floors. We have a separate cafeteria catering to the food and snack requirement of the students and faculty. The college has three functioning bore wells which ensure uninterrupted water supply to us. We also have rainwater harvesting system in place, which re-charge the bore wells. Solar heating systems are installed on the terraces of both college building and hostel building to meet our hot water requirements. A 30 KVA Diesel Generator set ensures uninterrupted power supply to college and hostel buildings. In addition, we have a large parking area, garden, and sports area.

The courses adopt ICT-enabled teaching-learning process. Faculty make use of teaching aids like models, charts, animations, games, puzzles, etc. Classrooms and labs are furnished with black boards and white boards along with LCD display – assisted projection and audio-video Systems. Group therapy rooms are carpeted from wall to wall and provided with curtains and other requirements to provide proper acoustics as well as **one-way mirror** for training and supervision.

The College has a fully automated library with over 7000 books in Psychology and Counselling. The college also subscribes to number of journals including online journals:

The College has a well-equipped Psychology lab with required testing materials and apparatus for psychological assessment and diagnosis to enable to students and staff in

learning and research. The college has an up-to-date computer lab with all the required software. The college also provides **free Wi-Fi** connection for faculty and students.

Sports and Leisure Activities:

To foster interest in sporting activities among the students, the college has provided concrete Basketball Courts, Volleyball Courts as well as facilities to play Throw Ball, Tennikoit, Shuttle Badminton and Table Tennis. The large compound with its lush greenery and orchard provides a very relaxing environment for the students to spend their leisure time.

Family Counselling Centre

Montfort College has set up a Family Counselling Centre with the assistance of State Social Welfare Board in its premises. The center provides free psychological services for the socially and economically disadvantaged sections of the society.

Montfort Counselling Centre

It was founded with the aim of providing professional therapeutic services to individuals, couples, and families as well as training graduate students in the practice of counselling and psychotherapy.

Counselling services offered by FCC and Montfort Counselling Centre are: -

Individual Counselling	Individual Psychotherapy
Family therapy/Counselling	Marital counselling
Counselling for children and Adolescents	Play Therapy
Psychological Assessment	Parent Guidance
Couples Therapy/counselling	Career Counselling
Pastoral Counselling & Spiritual Guidance	Group Therapy

Consultancy Services

Montfort College offers various consultancy services as listed below: -

- ❖ Conducting Trainings/workshops to different stake holders on diverse topics.
- ❖ Providing consultation to various organizations, educational institutions, and counselling centres in areas of psychology, human development, people management and leadership.
- ❖ Providing supervision to mental health professionals, psychological counsellors, and people helpers. Services include assistance in making assessments, diagnosis, and treatment plans for a wide range of clientele.

RESEARCH

The research initiatives at Montfort College aim to promote the furtherance of knowledge in the field of mental health and its optimal dissemination. We strive to conceptualise and execute research for the benefit of all the stakeholders. As mental health training has been shaped by Western thought, we envisage discovering the unique contributions of the Indian context to mental health training and service delivery. The goal is to derive principles, methods, and guidelines for the practice of the mental health profession to benefit all strata of the society. A Research Advisory Committee and Research Development Cell have been set up towards this end. They work towards this goal through periodic review and monitoring of ongoing research activities.

Research during 2017-2018

Sl. No	Title of the Project/Scheme	Name of the Teacher/s involved	Funding Agency	Duration (years)	Total Amount sanctioned in lakhs	Stage of Progress
1.	Effect of Mindfulness Training Program on Emotion Regulation and Mental Health among Adolescents and Young Adults	Dr. Sudhamayi	Montfort College Society	1 Year	1,40,000/-	Intervention Program & Data Collection

2. **Spark Positive Emotions Achievement and Relationships (SPEAR)** - SPEAR, a multi-year program, built on Ancient Indian Philosophy of Education and recent research, focuses in promoting wellbeing in high school students, which deals with their Safety, Personal development, Emotional management, Academics and Relationships. The pilot phase took a duration of 3 years. An amount of Rs.3,00,000/- was provided by the management of Montfort College.

COLLABORATIONS

- **Martin Luther Christian University**

Montfort College and Martin Luther Christian University, Shillong, Meghalaya have a memorandum of understanding in collaborating to develop and sustain training programmes for Counsellor Education in India. An area of focus is research development in specific areas of cross-cultural counselling and psychotherapy.

- **Drishti**

A certificate course for Educators, parents, counsellors, and psychologists is being offered by Sampurna Montfort College in collaboration with Drishti – a specialised organisation working in the field of Psychology and Special Education needs (SEN), to help different stakeholders to develop a greater understanding about the various special education needs of children that might need to be supported in an inclusive classroom. The course also helps to develop programs and activities for schools and classrooms to help students to learn and participate together in an inclusive environment.

- **IYF**

Montfort College signed a Memorandum of Understanding with International Youth Fellowship (IYF), an International NGO, founded in South Korea with the intention of cultivating leaders of next generation who are endowed with humble character and mindset. The MOU is for mobilizing the youth in Bengaluru and hosting Mindset camps annually to build future leaders. The collaboration will provide a platform for cultural exchange, opportunities to learn new languages and skills as well as opportunities for international volunteer work and cultivate a global outlook.

- **Mother Mary School, Bengaluru**

Mutually beneficial collaborative relationship with the Institution by providing Personal Counselling Services to school students

- **Polonia University in Czestochowa, Poland**

Exchange of students, academic & administrative staff, materials, experience as well as other activities

- **Asian Institute of Gaming and Animation**

To conduct classes on Psychology, Sociology, Career skills & Life skills for students of AIGA

- **Dr. S. R. Chandrasekhar Institute of Speech & Hearing, Bengaluru**

Mutually beneficial collaborative relationship in the broad area academics exchange of faculty and students.

ACADEMIC PROCESS

Three – Hat Learning: This is a new technique where students take on the roles of Researchers, Practitioners and Dreamers, and learn about specific topics assigned to them. This helps in self – learning and peer learning.

Concept Mapping: Students learn Mind – Mapping and Concept mapping techniques, which help them to understand the organisation, interconnections etc found in a topic. Involve and Evolve teaching, which develops cultural sensitivity among students. Buzz group discussions, which involve peer teaching and discussions.

Case Conferences: The case conference is a unique form of learnings usually conducted at M.Phil. level. Here, a student presents cases of clients they have interacted with to the whole student body as well as faculty every Friday. The case is then critically discussed and evaluated by the faculty and students. It helps the students to understand better the processes involved in presenting a case, problem representation, collecting information for Mental status Examination, Theories and techniques and case conceptualization etc.

Professionalization: To be an effective and efficient mental health professional, one needs to develop appropriate professional skills in one's area of specialization. The college has taken the initiative to train the students in professional skills required to function as a mental health professional.

Video Learning: Students are exposed to relevant movies and professional / educational counselling videos to assist them in their practice of skills and techniques.

Going Beyond the Syllabus

Realizing the importance in personal transformation to be an effective counsellor as well as to help them be sensitized to the needs of the community, we have reworked the syllabus in the following areas:

Personal transformation: Introduced personal counselling as well as group therapy for the trainees to provide opportunities for them to experience empowerment and transformation before trying to bring about the same in their clients. The faculty make themselves available to facilitate this process. The service of external experts is also utilized for this.

Field Visits: All students in the first year of the course are required to visit at least six mental health institutions and organize two outreach programmes for the underprivileged. These not only give them first-hand experience in dealing with clients, but also help them develop empathy and awareness about the problems faced by different people belonging to different socio – economic strata.

Guest Lectures, Workshops & Seminars:

To expose the trainees to different perspectives in Psychology and Counselling, special lectures, workshops, and seminars on several topics are organized during the semester by our faculty, faculty from other Universities / NGOs, etc. from India and abroad.

Cultural Exchange Programs:

Cultural exchange programs expose students to people from diverse cultural, religious, geographic, and socio-economic backgrounds and in so doing provide the opportunity for students to develop a greater understanding of diversity. Montfort College has a cultural exchange program with Lewis & Clark Graduate school of Counselling and Education, Portland.

FDPS/SEMINARS/WORKSHOPS/CONFERENCES, ETC. ORGANISED FOR TEACHING AND NON-TEACHING STAFF

Faculty Development Programme on Abuse and Trauma

Date: 29.01.2018 and 30.01.2018

Venue: AV Room, Montfort College

Facilitator: Sue Santi, Psychotherapist, Windsor, Berkshire, UK

Faculty Development Programme on Abuse and Trauma was held for faculty in Montfort College. It was a two-day interactive programme which saw varied topics and research discussions. Different case studies shared by practitioners helped in the understanding of the problem as well as in understanding the techniques to adopt to deal with the situation. Feedback was collected at the end of the programme and the resource person was thanked for their time and effort.

National Faculty Development Programme: "Creative tools and techniques towards futuristic education"

Date: 10.02.2018

Venue: Conference Room, Montfort College

Facilitator: Mr. Ian Faria (Leadership Coach, Corporate Trainer, Keynote Speaker)

Report: The programme started where Mr. Faria personally introduced himself to all the members present there and welcoming all members to provide a brief introduction about them; so, each member of the programme hailing from different school and college can introduce themselves as well. After the introduction, the facilitator started the event by introducing a small activity as an ice breaker and to understand a little about the concepts of "value" and "genetic coding and memetics." He introduced the concept of "ABQ + L2U" that is "Ask Better Questions + Listen to Understand". He took the faculty members through an interesting journey of understanding about themselves, and barriers faced by both teachers and students while communicating in the class situation. Through thematic diagrams he made the group understand how important it is to introspect on personal limitation as well as be reflective while understanding what the students might be reflecting through you "the teacher." Before the session ended Mr. Faria provided the group with various sources of gathering current research and information for the teachers to keep themselves updated regarding the current events happening around the world and in academia.



Participants of the National Level FDP on “*Creative Tools and Techniques Towards Futuristic Education*”

FDP on Multidimensional Transformation of Trauma

Facilitator: Dr. Regina U Hess

Date: 24-2-2018

Venue: AV room

REPORT: Dr. Regina U Hess is an expert and an experienced Psychologist who has worked in the field of trauma. She has done extensive research on survivors of the Tsunami. She conducted a one-day event on Multidimensional Transformation of Trauma for the teaching staff of Montfort College. The session started with an introduction to the experiences of trauma. She explained various perspectives through which trauma can be seen. She also shared her experiences while she conducted her research with the survivors of the Tsunami. Faculty members also participated by asking questions and sharing their opinion on trauma.

The second session was experience-based training. The facilitator created an indigenous method of trauma healing which she learned from the native Americans. Faculty members were asked to follow a particular movement pattern and asked to move around the room according to the music. This was aimed at enhancing the awareness towards the trauma experience and a way to heal the inner trauma. This event was well-received by the participants.

The third session was on the transformation of trauma where the facilitator provided written materials and a writing activity. Participants were asked to write about an experience and mind-map the event. This was aimed at providing a concrete structure to the experience and finding closure. Overall, this program was a holistic experience.

Faculty members with Dr. Regina U Hess on 24-02-2018



Time Management Workshop for Admin Staff

Date: 21-11-2017

Facilitator: Dr. S. V. Surya Rekha (Faculty)

Participants: six

A workshop on "Time Management" was organized on 21st November 2017 for all the non-teaching staff members. The workshop was conducted by Dr. S. V. Suryarekha who facilitated many workshops on time management for teachers, students, and office workers. All the six administrative staff members and the Principal, Bro. George Padikara attended the session.

Dr. S V Surya Rekha gave many tips on how to manage time effectively. The workshop had two activities, "Time Management Grid" and "24 Hour Clock". The participants who attended the workshop said that it was useful, and they would be able to manage time more effectively with the inputs from the session.

PAPER PRESENTATION / PUBLICATIONS BY FACULTY

Sl. No.	Name of the Faculty	Title of Research publication/ proceedings	Reference to the Journals and its issue in which it is published Vol. No., Month and Year: Page No/ Nos. Etc.,
1.	Ms. Visalakshi Sridhar	<i>Published article titled " Social Anxiety: Prevalence and Gender Correlates among Young Adult Urban College Students"</i>	<i>IJIP- The international journal of Indian Psychology, Vol 4, Issue 4, pg. 151-158 DIP: 18.01.097/20170404 DOI:10.25215/0404.097</i>
2.	Mr. Maxim Pereira	<i>Pereira, M. & Rekha, S.S.V. (2017). Problems, difficulties, and challenges faced by counsellors</i>	<i>International Journal of Indian Psychology, 4(3), 65-72, DIP:18.01.127/20170403, DOI:10.25215/0403.127</i>
3.	Ms. Neha Parashar	<i>The Possible Development of the Ideal Self through Social Networking Sites among Adolescents Menon D. and Parashar N.</i>	<i>Indian Journal of Health and Wellbeing; Vol.9 (in press) April end (Indexed journal, UGC approved-Journal No 42787) ISSN: 2229-5356</i>
4.	Ms. Jeeshma Vijin	<i>Jeeshma R & Dr. Nandha Kumar Pujam A Comparison of Anxiety, Depression and Life events between Suicidal ideators and Suicide Attempters</i>	<i>The international Journal of Indian Psychology volume 6, Issue1, DIP:18.01.015/20180601 DOI: 10.25215/0601.015 http://www.ijip.in ISSN:2349-3429(P)</i>

SEMINARS/FDPS/CONFERENCES/WORKSHOPS, ATTENDED BY FACULTY

S. No	Faculty Name	Conference/Seminar/Symposia/Workshop etc.,	Date	Title	Participated as
1	George V J	National Level Symposium	09-09-2017	Decoding inclusion with Self-Managed Inclusive Learning Environments	Panellist
		National Level FDP	10-02-2018	Creative tools & techniques towards futuristic education	Participant
			29 & 30-01-2018	Workshop on Abuse & Trauma	
		Faculty Development Programme	24-02-2018	Multidimensional Transformation of Trauma	
2	Dr. S V Surya Rekha	National Level FDP	10-02-2018	Creative tools & techniques towards futuristic education	Participant
		Faculty Development Programme	24-02-2018	Multidimensional Transformation of Trauma	
3	Ms Sritha Sandon	National Level FDP	10-02-2018	Creative tools & techniques towards futuristic education	Participant
		Faculty Development Programme	24-02-2018	Multidimensional Transformation of Trauma	
4	Dr. Sudhamayi	National Level Research Program	01.12.2017 to 14.12.2017	“Research, Teaching and Learning Process for the Faculty in Social Sciences” –Banaras Hindu University in collaboration with ICSSR, New Delhi	Participant
			29 & 30-01-2018	Workshop on Abuse and Trauma	
		National Level FDP	10-02-2018	Creative tools & techniques towards futuristic education	
		Faculty Development Programme	24-02-2018	Multidimensional Transformation of Trauma	
5	Ms. Visalakshi Sridhar	National Level FDP	10-02-2018	Creative tools & techniques towards futuristic education	Participant
		Skill enhancement workshop	23.09.2017	Pearson Academy India & Bengaluru University, Department of Psychology	

			29 & 30-01-2018	Workshop on Abuse and Trauma	
		Faculty Development Programme	24-02-2018	Multidimensional Transformation of Trauma	
6	Ms. Lopamudra Goswami	National Level FDP	10-02-2018	Creative tools & techniques towards futuristic education	Participant
		Faculty Development Programme	24-02-2018	Multidimensional Transformation of Trauma	
7	Ms. Lalropuii	National Level FDP Programme	10-02-2018	Creative tools & techniques towards futuristic education	Participant
			29 & 30-01-2018	Workshop on Abuse and Trauma	
		Faculty Development Programme	24-02-2018	Multidimensional Transformation of Trauma	
8	Mr. Sudharshan H. L.	National Level FDP	10-02-2018	Creative tools & techniques towards futuristic education	
		Faculty Development Programme	24-02-2018	Multidimensional Transformation of Trauma	
		International conference	01.02.2018 To 03.02.2018	"Ancient Indian Strategies for current psychological problems"- National Institute of Vedic sciences and PMC Tech College	<i>Member of academic committee and Co-Chairperson for a session</i>
		Training for Probationary Officers	10 Hours	KSA & AD- Fiscal Policy Institute, Department of Finance, Govt of Karnataka	<i>Resource person</i>
9	Ms. Sangeetha Reddy	National Level FDP	10-02-2018	Creative tools & techniques towards futuristic education	Participant
10	Mr. Maxim Pereira	National Level Workshop	12.01.2018 to 13.01.2018	"Manasvi-2018 - Basic Counselling Skills and Cognitive Behaviour Therapy	<i>Resource Person</i>
		Structural Family Therapy	04.11.2017	Montfort College organized by Muktha Foundation, Bengaluru	<i>Conducted</i>
		National Level Workshop	10-02-2018	Creative tools & Techniques towards futuristic education	
		Structural Family	24-02-2018	Multidimensional	

		Therapy		Transformation of Trauma	
11	Ms. Jesshma Vijin	National Level Workshop	10-02-2018	Creative tools & techniques towards futuristic education	Participant
		Structural Family Therapy	24-02-2018	Multidimensional Transformation of Trauma	
12	Ms. Neha Parashar	Faculty Development Programme	21.07.2017	ED: Tech+ by EDU Connect (2017)- Royal Orchids Bengaluru	Participant
		Skill enhancement workshop	23.09.2017	Pearson academy Indian and Bengaluru University, Dept of psychology	
		National Level FDP	10-02-2018	Creative tools & techniques towards futuristic education	
		Faculty Development Programme	24-02-2018	Multidimensional Transformation of Trauma	
13	Ms. Swati Pathak		9 -11, Feb 2018	Effectiveness of Life Skills Training in reducing depression, anxiety, and stress among cervix cancer patients: organised by Sri Jai Narain PG College, Lucknow	Participant

FACULTY ACHIEVEMENTS / CONSULTANCY / EXTENSION / RESOURCE PERSON, ETC

Date	NAME OF THE FACULTY	
29.07.2017	Surya Rekha	Students Orientation (Vidyavahini First Grade College)
29.08.2017	Maxim Pereira	Guest Lecture on Empathic Communication at Krupanidhi College, Bengaluru
12.10.2017	Sudhamayi	External Examiner Kristu Jayanti College
14.10.2017	Sudhamayi	External Examiner Kristu Jayanti College
13.10.2017	Visalakshi	External Examiner Kristu Jayanti College
13.10.2017	Sudhamayi	External Examiner Christ University
14.10.2017	Sudhamayi	External Examiner Christ University
15.11.2017	Lopamudra Goswami	External Examiner Kristu Jayanti College
16.11.2017	Sritha Sandon	External Examiner Kristu Jayanti College
21.11.2017	Sritha Sandon	Question Paper Setting in Mount Carmel College
02.05.2018	Sritha Sandon	Question Paper Setting in Mount Carmel College

20.03.2018	Sritha Sandon	External Examiner in Mount Carmel College
21.03.2018	Maxim, Visalakshi	Lab Exam (St. Joseph's College)
22.03.2018	Maxim, Visalakshi	Lab Exam (St. Joseph's College)
19.03.2018	Sudhamayi	External Examiner Kristu Jayanti College
21.03.2018	Sudharshan	External Examiner Mount Carmel College
26.03.2018	Sudhamayi	External Examiner Mount Carmel College
22.03.2018	Maxim Pereira	External Examiner St. Joseph's College
26.10.2017	Sudharshan	Resource person for the FDP on Training the mentors (MLA Academy)
28.03.2018	Sudharshan	Request for RP (FPI)
21.03.2018	Surya Rekha	National Conference (Bishop Cotton College)
05.03.2018	Sudharshan	In FPI Implementing training
11.08.2017	Lopamudra Goswami	Guest lecture (Christ University)
16.01.2017	Sudharshan	In FPI Implementing training
17.01.2017	Sudharshan	In FPI Implementing training
18.01.2017	Sudharshan	In FPI Implementing training
19.01.2017	Sudharshan	In FPI Implementing training
08.01.2018	Sudharshan	Co-Ordinating technical session (National Institution of Vedic Sciences Trust)
09.01.2017	Sudharshan	In FPI Implementing training
12.01.2018	Maxim Pereira	Resource person (Alva's Ayurveda Medical College)
13.01.2018	Maxim Pereira	Resource person (Alva's Ayurveda Medical College)
19.01.2018	Lopamudra Goswami	Board Studies meeting (St. Joseph's College)
23.04.2018	Sudhamayi	Resource person (Jain University)
24.04.2018	Sudhamayi	Resource person (Jain University)
22.05.2018	Maxim Pereira	Special on test Construction at PG Dept of Psy (Maharani Women's College)
29.08.2017	Maxim Pereira	Guest lecture (Krupanidhi Degree College), Guest Lecture on Empathic Communication at Krupanidhi College, Bengaluru

Awaken 2017' – National Seminar on Mindfulness in Schools

Awaken'17



MIND - BODY - RELATIONSHIPS

National Seminar on Mindfulness in Schools

October, 7th, 2017

EvolveED

Montfort College in collaboration with EvolveED

Date & Time: 7th October 2017; 9am – 2pm

Venue: Montfort College, Bangalore

Theme: Using skilful – attention in classrooms

Target Audience: Educators, School heads, Directors, Researchers & Psychology students

Aim of the Seminar: The aim of the Seminar is to inculcate a sense of “Mindfulness” among School Teachers and Educational Leaders.

Why Awaken 2017?

“Students – Pay Attention,” “You need to focus better, “Class – concentrate!”

These phrases are the most talked slogans in a classroom, with a few variations here and there. Why is it that students cannot pay attention? Why do their minds scatter so easily? How do teachers get back and maintain attention during lessons?

Today, we are an attention illiterate society or an attention deficit economy. Thanks to computers, smartphones, television, and other technology, our senses are overly engaged. In the process of this overtly engaged life & busy-ness, we forget, that the quality of attention is the foundation for not only effective learning & assimilation but also to experience a sense of well – being, purpose and meaning.

Paying attention unskilfully can use up a lot of energy resources. The more our bodies strain to pay attention, the most our minds space – out. Most of the instructional time by teachers are wasted in reviving attention with even more strained efforts. This leaves both teachers and students feeling tired and hazy.

As we move into a quiet crisis of attention which ironically most of us do not even notice, what we need more than ever, is to skilfully handle attention to essentially manage classrooms and everyday experiences at school.

SEMINARS / WORKSHOPS / GUEST LECTURES, ETC ORGANISED FOR STUDENTS

Workshop on Experimental Design in Psychology	30	02.09.2017
Workshop on Ethnography: A Useful Tool in Qualitative Research	30	07.10.2017
Workshop on Observation Method in Research and Clinical Case Presentation	30	28.10.2017
National Student Research Conference	149	17.03.2018
Workshop on Ethical issues in Behavioural Sciences	25	03.03.2018
Workshop on Dissemination of Knowledge	25	10.03.2018
Workshop on Plagiarism in Academia	30	24.03.2018
Workshop on SPSS for Beginners	20	06.04.2018
Workshop on Multi-cultural Competencies	30	21.04.2018
Workshop on Professional development	30	26.05.2018

Date	Type of programme	Resource person	Participants
19-08-2017	Guest Lecture on Mental Status Examinations	Ms. Neha Parashar	29
18-09-2017	Workshop Topic on 'Dealing with Loneliness'	Ms. Christina Franklin	36
23-09-2017	Workshop on issues of Trafficking in Persons highlighting the Psycho- social Support/ Counselling of Survivors	Talaash Association	
30-09-2017 to 02-10-2017	Couples Communication Workshop	Dr. Mudita Rastogi A Professor of Clinical Psychology and a Licensed Marriage and Family Therapist State of Illinois, US	
23-10-2017	Workshop on dealing with Autistic children	Play Street, an organisation works with autistic children	100
29-01-2018 to 31-01-2018	Workshop on 'Abuse & Trauma'	Ms. Sue Santi Ireson	24
10-02-2018	Play Therapy Workshop	Mina Dilip	43
23-02-2018	Workshop on The Future of Marriage and Family in India from 2018-2028		
17-02-2018	National Students' Conference: To		

	encourage young scientists		
17-03-2018	National Students Conference- “Jaagriti”- Enlivening Young Scientist- 17 th March 2018		149
	Workshop on Mindfulness in collaboration with EvolveD - 7th October2017	Ms. Fathima Khader, Enable India, Bangalore 45 Participants.	

Entrepreneurs Galore



Rejoe, Dinesh, Sahar, Rohit, and Jerry with the team

Five entrepreneurs enlightened the students at Montfort College on 4th December on how to own our own start up. Rejoe Mohan from Rise Counsellors, Rohit Sen from NIRA Finance, Sahar from Bare Necessities, Jerry Randall from Wind Pioneers and Dinesh Seemakurty from STASIS shared their stories from the conception of an idea, fighting to keep it alive and making it to the market. They went beyond personal stories to give our students the do's, don'ts, showing us the ropes and right questions to becoming an entrepreneur, especially without a degree in business. The event started with host Amiti introducing the Entrepreneurs, speeches by them and a panel discussion with moderator Nitish. This was followed by questions from the audience. After the event, the guests and students had a light time interacting, learning, and making connections. This event was put together mainly through the efforts of our faculty Lopamudra Goswami, Neha Parashar and the team who deserve a shout out for giving us an opportunity that will not be forgotten.

EXTENSION ACTIVITIES

Extension activities are an integral part of programmes organized at Montfort College. To meet that goal, College contributes to help the community through various extension activities to promote mental health awareness. Our students engage the public through role plays, mimes, distributing pamphlets, conducting awareness programmes, etc. To name a few: World Mental Health Day, Children's Day, World Suicide prevention day, National girl Child Day.

Date	Name of the Activity
30-08-2017	Awareness Programme on Counselling for the Public
05-09-2017 to 10-09-2017	Suicide Prevention Awareness Campaign
02-10-2017	Cleanliness Awareness Campaign
10-10-2017	Workshop on Mindfulness for High School Students
10-10-2017 to 14-10-2017	Community Outreach programme
23-10-2017	Giving the Gift of Hope and Life
18-11-2017	Khushi 2017: Children's Day Celebration for The Underprivileged Children
02-01-2018, & 04-01-2018	Awareness on Self Care for Widows
24-01-2017	Workshop on Rights of a Girl Child in the Society
24-02-2018	Workshop on Recognizing and Dealing with Depression
27-02-2018	Blood Donation Camp
08-03-2018	Awareness on Gender Equality – Human Chain
22.06.2018	Workshop on Biohazards and personal safety for staff nurses and lab technicians

Awareness Programme on Counselling for the Public

Date: 30-08-2017

Venue: Swami Vivekananda Metro Station, Isolation Hospital Bus Station and NGEF Signal

Montfort College organised an Awareness programme on Counselling for the public. As a part of this, the students at Montfort College interacted with people at Metro Station, Bus Stops, NGEF Signal, etc. on 30th August. The students were in groups of three and addressed the public, by interacting and by sharing the information about the Counselling services offered by Montfort College Family Counselling centre.

The volunteers reported that the people were willing to listen to what they had to say about the services provided and were quite receptive towards it. They also shared that they felt contented about their experience of reaching out to people for this awareness program, and they look forward to participating in upcoming events.



Student volunteers interacting with the commuters at the Metro Station



A student volunteer interacting with a passer-by on Old Madras Road and NGEF signal



One on one interaction with a Parent of Fusco's School

Suicide Prevention Awareness Campaign:

Date: 5th to 10th September 2017

With the increasing suicide rates amongst the Indian Population, Montfort College observed Suicide Prevention Awareness Week from 5th to 10th September 2017 and spread awareness about prevention of suicide through role plays, awareness programmes, distributed handouts at various Malls, K R Puram, Metro Station, etc. It was all about hope, lending a helping hand and creating awareness amongst those who are not yet on par.



On 10th September, the entire student community and faculty came together for the candlelight march and silent vigil outside college to share their message and build awareness. Our students were also part of the Campaign organised by Positive Psychology Unit, NIMHANS and were awarded 3rd place among the selected Top 5 Colleges at all India level.



Cleanliness Awareness Campaign

Date: 2nd October 2017

Venue: 80 feet road, Indiranagar

Objective: Spreading Awareness on Cleanliness

Outcome: Students developed among themselves a sense of social and civil responsibility

“Clean India, Green India”

Cleanliness is a highly essential prerequisite for the sustenance of happy, healthy individuals. On 2nd October, students from 1st year Psychological Counselling took part in the cleaning activity – Swachh Bharath Abhiyaan Mission at 80 feet road, Indiranagar between 1 pm and 3pm to spread awareness on cleanliness. It was a short campaign using handmade posters with slogans on it.

Each slogan had a specific meaning attached to it on cleanliness. Some of the slogans we used were: Green city clean city My dream city, Clean India, do not be mean keep your city clean. Our aim was to make people from different occupations aware of the concept of cleanliness and help them promote it in their surroundings.

After preparing the posters, we first began our campaign by talking to our college security guard about cleanliness and its importance. Post his, we met a series of people who help us in our day-to-day life, like the woman employee in the metro, and the people who serve us food on the roadside.

We also tried to collectively spread the message by walking as a group and showing the posters to the people stuck or passing by traffic signal area opposite Swami Vivekananda Metro station. As a part of our initiative, we requested each of these people involved to click a picture with us and pledge that they would work hard and strive to make their surroundings clean.



Workshop on Mindfulness for High School Students

Date: 10th October 2017

Venue: St. Antony's School, Ramamurthy Nagar

A workshop on Mindfulness was organized for the students at St. Antony's School, Ramamurthy Nagar on 10th October.



After Facilitators introduction, an activity/game was planned for the students. Through this activity informally facilitators discussed the importance of mindfulness in daily life. After that Mr. David explained about what mindfulness is. Mindfulness is a state of active, open attention on the present. When you are mindful, you carefully observe your thoughts and feelings without judging them good or bad. Instead of letting your life pass you by, mindfulness means living in the moment and awakening to your current experience, rather than dwelling on the past or anticipating the future. And explained about the benefits of being in the present moment.



Dr. Sudha described how mindfulness is helpful for the students in their daily life, which they can understand and manage their personal, family, peer group and academic related

issues. The “potato” activity helped them to relate their daily stressor. And it helped to the way they can perceive the things.

The next activity by David was provided an experience of how to be in the moment. The mindfulness activity through Zentangle had a significant impact on students. After the activity they shared their experiences that they were involved and enjoyed while doing the activity.

The concept of “mindful eating” was explained through a video. Students enjoyed and understood the concept easily learned how they would be mindful while eating, and they practically experienced the joy of mindful eating with eating chocolate.

After that Dr. Sudhamayi explained about different practices of mindfulness and brief about the techniques to be mindful with an activity related to music. Thus, she summarized the various concepts in the workshop and send the students to their respective classes.



NSS Community Outreach Programme

Date: 10 October to 14 October 2017

No of students attended: 57

Venue: Sampath Nagar, Danganikottai, Hosur, Tamilnadu

Objective: *Creating Awareness About Mental Health Among Rural Residents'*

A brief report about the camp: NSS Unit of the college conducted the Annual NSS camp in five villages, from 10 October to 14 October 2017 at Sampath Nagar, Danganikottai, Hosur. The concept of National Service Scheme is aimed at building a sense of social responsibility through teacher and students' involvement in constructive service with the motto of "Not me but you."

There were two main objectives for conducting this program, firstly, to be able to reach out to communities that are truly in need for interventions, despite blockages in socioeconomic and cultural barriers and to train students, as budding mental health professionals, to be able to provide the assistance and help to everyone in need of mental health services. Secondly, to understand the prevalence of alcoholism and measure the same alongside related variables such as severity of alcohol use, domestic violence, psychological distress, resilience, coping style, parenting styles and the personality dimensions.



It was mostly focused on conducting survey on the prevalence of alcoholism. Some of the areas explored include – severity of alcohol dependence, depression, anxiety, and levels of stress, coping styles and resources, as well as secondary areas that get affected due to alcohol abuse - spousal abuse and parenting. Students were trained on house visits in the village where the camp was organized. Students conducted in-depth-interviews with the family members to understand the psycho-social issues faced by them due to the alcohol abuse by their immediate family member.



Outcome / Feedback: To sum it up, the NSS Camp was a wonderful learning experience for each one of us. We were all deeply moved by the warmth and openness the village communities showed to us. Our appreciation for all things in life; be it a cup of tea or a home and family to return to, became ten-folds on our return from the camp. At the same time, the serenity, contentment and simple yet fulfilling lives of the village community is something we admire and envy and would wish to adopt. The budding Psychologist in us is more prepared and better equipped for what awaits us in the real world. This outreach program was a much-needed reality-check for most of us. It has also given us a sense of belongingness with each other, having spent so much time with one another. Also, it has helped us to learn to be more adjusting and become more adaptable to life situations, be it simply going five days without tea/coffee/curds or bathing in ice-cold water or surviving five days with zero network or something as terrifying as sleeping in the middle of what seemed like open wilderness. We are ever so great full for this opportunity and wish to be the change we dream to bring about in the world for not only the people of Sampath Nagar but, with the help of NSS, for all of those who need the attention that we were able to give this small but particularly important community of people

Giving the Gift of Hope and Life:

Date: 23rd October 2017

Venue: Auditorium

Target Group: Staff and Students

No of students took part:100

On October 23rd, a team of doctors from BMC DT Infosys Bone Marrow Registry, an initiative of Bangalore Medical College Development Trust, explained the need for Bone Marrow Registry in India. The students at Montfort College were surprised to learn that there are more than 1.3 Lakh people in India waiting to undergo bone marrow transplants making it one of the needs of the hour. We take pride in quoting that more than 60 Montfort students donated their blood for the registry and received certificates for the same.



Khushi 2017: Children's Day Celebration for The Underprivileged Children

Date: 18th November 2017

No of students took part:102

Purpose: A Day especially dedicated to make every child feel special, loved, and cared for

Report: November 18 was the day when Montfort college campus was filled with a range of children from tiny tots to high school children. It was a proud moment for Montfort family for organising the children's day program for the less fortunate children for more than a decade now and still going strong. It was a day especially dedicated to make every child feel special, loved, and cared for.

Montfort College hosted about 400 children from various orphanages, children's homes across Bengaluru were invited to be part of the celebrations. They came dressed in their most colourful clothes and came wearing their biggest smiles. The day started with these joyful kids coming in and spreading their laughter all over the campus. As they came in, they were served breakfast followed by the inauguration of the programme and the events lined up for entire day. Post lunch, kids took us back to our childhood by giving jaw dropping performances and leaving us with the thought "How talented can one be?"

They took back with them infinite memories, learning, many new friendships and of course generous amount of love and affection. The children left us overwhelmed with the energy that they possessed. Our faces never let go of the smile they gave us. A day filled with fun activities, a good luncheon, games, and cultural programs focused on empowering these children to build a bright future for them as well as partake in building the future of our nation. Truly, it was a pleasure to the entire college body to gift them a day of immense Khushi.



SAMPURNA MONTFORT COLLEGE, BANGALORE

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NOTHING YOU DO FOR CHILDREN IS EVER WASTED.
-Garrison Keillor

KHUSHI

CHILDREN'S DAY CELEBRATION

18 November 2017



Children partaking in different games organized for them



Formal inauguration Khushi 2017: Chief Guest, Smt. Venkatalakshmi, Chairperson KSSWB, Mr. Sandeep, Country Head, FAI and Bro. George V J, Principal lighting the lamp.



Gifts being distributed to every child



ಕರ್ನಾಟಕ ರಾಜ್ಯ ಸಮಾಜ ಕಲ್ಯಾಣ ಮಂಡಳಿ

Karnataka State Social Welfare Board



No. 55, 'ABHAYA' 4th Floor, K.S.D.B. Building, Risaldar Street, Seshadripuram, Bangalore - 560 020.
Phone & Fax : 080-23460064, Mobile : 99024 05619 Email : karnatakasswb@gmail.com

ಶ್ರೀಮತಿ ಬಿ. ವೆಂಕಟಲಕ್ಷ್ಮಿ : ಬಸವಲಿಂಗರಾಯ, ಎ.ಫಾರ್ಮಾ
ಆಧ್ಯಕ್ಷರು

Smt. T. Venkatalakshmi Basavalingaraju D.Pharma
Chairperson

D.O. No./ಆ.ನಂ. ಸಂಖ್ಯೆ :
Ref.No:KSB/Chmn/2017-18/

Date/ದಿನಾಂಕ :
Date: 29.11.2017

Dear Bro. George Padikara,


I am very happy for given me the opportunity to inaugurate the "KHUSHI "Children's Day Celebration on 18.11.2017 organised at Sampoorna Montfort college premise. The arrangement and the grand Celebration was organised in a perfect Heart touching way. The involvement of staff and college students and their commitment and dedication is the most admirable event at the Venue. Through this Children's Day Programme, you have touched the deserving and needy hearts of children and made them very happy throughout the day .

The words of Garrison Keillor "Nothing you Do for Children is ever wasted" was seen in reality during my visit to your organsiation. I wish the Management and staff, very Best in all the future endeavours. Let your services be reached the untouched sections of the Society and to empower many more needy women and children. I personally thank you, brother George Padikara, the staff and all the college students for given me the opportunity to spend a day cheerfully with deserving kids, which made me to mark a memorable day throughout my life.

May the Almighty Bless you all abundantly with His Grace and Peace.

With warm regards,

Yours faithfully,


(T VENKATALAKSHMI BASAVALINGARAJU)

Bro. George Padikara,
Sampurna Montfort College,
Old Madras Road, Bangalore.

Res : 'Sri Lakshmi Nilaya', No. 44, 14th 'A' Main 2nd Phase, 2nd Stage, West of Chord Road, Mahalakshmi Puram, Bangalore - 560 086.
ಸ್ಥಳ : 'ಶ್ರೀ ಲಕ್ಷ್ಮಿ ನಿಲಯ' ನಂ. 44, 14ನೇ 'ಎ' ಮುಖ್ಯರಸ್ತೆ, 2ನೇ ಹಂತ, 2ನೇ ಹಂತ, ಪಶ್ಚಿಮಕ್ಕೆ ಚಾರ್ಡ್ ರಸ್ತೆ, ಮಹಾಲಕ್ಷ್ಮಿಪುರಂ, ಬೆಂಗಳೂರು-560 086.

Awareness on Self-Care for Widows

Date: 2nd & 4th January 2018

Venue: Sir. C.V. Raman General Hospital

Facilitator: Ms. Preetha Thomas, Counsellor and two student volunteers

Family Counselling Centre of Montfort College conducted an awareness talk on mental health and social rights among widows at Inpatient department of Sir. C.V. Raman General Hospital. Students initiated the process. They had an empathic conversation with the patients and the facilitator provided required information.

The session focused on:

Empathic listening, health and legal awareness, and interactive session with the care takers



Ms. Preetha Thomas in a session with Widows



Awareness on Self-Care for Widows 2nd & 4th January 2018

The team also explained about FCC services and distributed the pamphlets among the participants. The counselling services planned for the next day. Overall, the session was effective in creating awareness on both health care and legal facilities for widows.

Workshop on: Rights of a Girl Child in the Society

Date: 24-01-2018

Venue: Miranda English High School, Indiranagar

National Girl Child Day is celebrated the last week of January every year. To mark this event, Montfort College conducted an interactive workshop on 'Rights of a Girl Child in the Society.' The workshop was conducted at Miranda English High School, Indiranagar. About 150 students both boys and girls from 8th, 9th and 10th standard participated actively in the programme. The teachers also were present during the workshop.

The workshop was on 'HUMAN RELATIONSHIP' in relation to girl child. The topics included were gender equality, rights of the girl child, and freedom of girl child in the society. The students willingly volunteered to do an activity to make them aware about respecting each other. The workshop concluded with Q and A session which was received well.



Workshop on Recognizing and Dealing with Depression

Date: 24th February 2018

Venue: St. Joseph's College of Commerce, Bengaluru

A workshop was organized by Rotary Bangalore Brigades in collaboration with Montfort College on 24th February 2018 at St. Joseph's College of Commerce, Bangalore. About 100 students along with few lecturers, and few officials from Rotary Bangalore Brigades attended in the programme. The topic also included definition of Depression, its forms, symptoms, causes, treatment, prevention, and counselling intervention. At the end of the workshop a Q&A session was done where various questions were raised regarding the topic and the resource person answered most of them satisfactory. The students and lecturers and Rotary Bangalore Brigade expressed that this workshop was very informative and educative. They also said that we need such seminars quiet often and it is the need of the hour. The program finished with a high tea.



Blood Donation Camp

Date: 27th February 2018

Venue: Auditorium

Target Group: Staff and Students

No of students took part:50

Outcome: Able to donate blood for the needy

Time: 12:00 A.M. to 4:30 P.M.

Facilitator: Red Cross and Little More Love

Red Cross wing of Montfort College organised a Blood Donation Drive at Montfort College in collaboration with Little More Love (LML), an organization consisting of young adults LML conducted this event in association with Lions' club and Bowring and Curzon Hospital. 50 people registered including both students and faculty members, and few LML members, out of which 48 people were able to donate blood. The blood was given to Bowring and Curzon Hospital.

LML had also brought trained doctors who could conduct the camp as scientifically as possible. All the arrangements were done by the organisation. The donors were given fruit juice and a few biscuits after the blood was drawn.



Rakth Dana 2018: Blood Donation Camp

SWACHTA: Hospital Infection and Control

Venue: Sir. C.V. Raman General Hospital, Indira Nagar

Date: 22.06.2018

No. of Staff and Students: 4

Participants: 32 Staff Nurses and 3 Lab Technicians

Montfort College Family Counselling Centre conducted a workshop on “Biohazards and Personal Safety.” The session started with a welcome note by Dr Shiv Kumar, Public Health Manager, Sir. C V Raman General Hospital followed by an introductory talk by Mr. Thomas Abraham, Counsellor on functions of FCC and diverse services offered. The talk emphasised on the psychological aspects of Nursing Care especially regarding therapeutic communication.



One of the students presented the significance of counselling services among staff nurses to relieve occupational stress. The session also highlighted on the identification of psychological needs of the patients along with physical care to establish a holistic nursing approach.

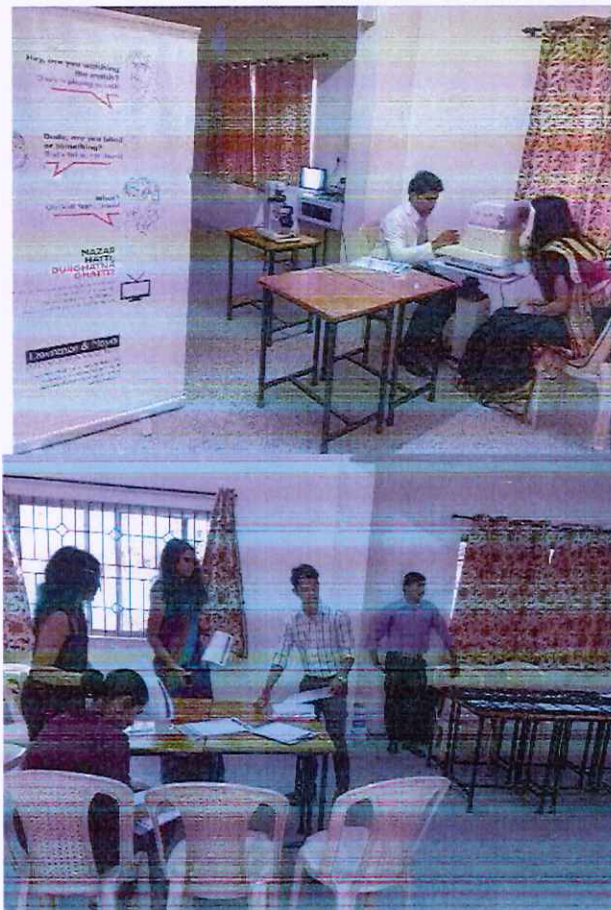
The final session emphasised on “biohazards and personal safety” by Ms. Preetha Thomas. The session included base line data about Hospital Infection Control including guidelines of KAYAKALPA mission and contributions of NGO towards “Continuous Quality Improvement” in health care sector.

Overall, the programme was extremely fruitful in bridging the gap between theory and practice in health care and establishing a harmonious collaboration between the hospital and Montfort College FCC to promote social welfare. The programme concluded with vote of thanks proposed by Dr Shiv Kumar, Public Health Manager, Sir. C.V. Raman General Hospital, Indiranagar, Bengaluru.

Eye Camp

Lawrence and Mayo conducted a corporate eye test for the staff and students on 8th November 2017. The team from L & M consisting of optometrists and assistants reached the college by 10 am and set up their camp at the Auditorium. 50 members including the staff and students at the college availed of the facilities they provided. The team checked the eyes, prescribed spectacles, and gave necessary consultation about the health of eyes. They had brought along with them the necessary equipment's to do the same. In addition, they had also displayed several items such as sunglasses and spectacle frames. All those who underwent the eye-check were also given a discount coupon for any purchase they make from Lawrence and Mayo.

The team were provided with tea, snacks and lunch from the college and the camp ended by 4.00 in the afternoon.



ACHIEVEMENTS IN EXTRA-CURRICULAR ACTIVITIES

Institution	Event	Name of the Winner	Prize
Kristu Jayanthi College, Bengaluru	Eastern Solo, National Dance Fest "Nrityanjali"	Shagun Narula- II Psy	III
Kristu Jayanthi College, Bengaluru	Theme dance, "STIMULI 2017"	Medha Dey – I Psy Samiha Shaji – II Psy Shah Surbhi Sukesh – II PC Pahuja Kriti Manoj – II PC Joana Ann Mathews – I PC Raina Mohalanobish – II Psy	I
Kristu Jayanthi College, Bengaluru	Quiz "STIMULI 2017"	Prattayee Dutta – II Psy Medha Dey – I Psy Shagun Narula – II Psy	II
Kristu Jayanthi College, Bengaluru	Psycho-mime, "STIMULI 2017"	Samiha Shaji – II Psy Raina Mohanalobish – II Psy Princy Mariam Thomas-I PC Samson Roy M – I PC Shalini Maria Jose – I PC	I
Indian Institute of Psychology and Research	Quiz – in "psyt' Annual Intercollegiate Fest	Raina Mohanalobish – II Psy	II
Christ University Bengaluru	Spoof It Up -Silhouette 2017: Annual Psychology Festival	Princy Mariam Thomas-I PC Shalini Maria Jose –I PC Prarthana Josephine A. –I PC Sneha Menon -I PC Femi Antony-I PC	Participation
Christ University Bengaluru	Psyhunt – Silhouette 2017: Annual Psychology Festival	Princy Mariam Thomas – I PC Reshma Rajan- I PC Sritha Chandana – I PSY Laharika Arasu –I PC Samson Roy -I PC Prarthana Josephine A. - I PC Sneha Menon -I PC Femi Antony- I PC	Participation
Christ University Bengaluru	Upstage – Silhouette 2017: Annual Psychology Festival	Princy Mariam Thomas –I PC Reshma Rajan- I PC Sritha Chandana – I PSY Laharika Arasu - I PC Samson Roy – I PC Prarthana Josephine A. – I PC Sneha Menon - I PC Femi Antony- I PC	Participation
Christ University Bengaluru	Quiz – Silhouette 2017: Annual Psychology Festival	Advika Agarwal- I PC Aradhna Mohan –I PC	Participation

COMMEMORATIVE DAYS OBSERVED

World Suicide Prevention Day

DATE: 10th September 2017

VENUE: Auditorium

With the increasing suicide rates amongst the Indian Population, Montfort College observed Suicide Prevention Day Awareness programme on 10th September 2017 at Montfort College. 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.

Also, part of the program were inspiring presentations by various classes on the efforts they put in contributing to awareness regarding suicide and measures to take for prevention. The highlight of the day was the entire student community and faculty coming together for the candlelight march and silent vigil outside college to share their message and build awareness.



Flash mob, street plays and dramas

Independence Day Programme

Montfort College celebrated the 71st Independence Day of India on Monday, 14 Aug 2017 from 2:50-4:05 in auditorium. The programme was intended to embrace the freedom we have received and to bring all students from all classes together. The newly elected council came together and planned the event by making sure that each class gets an opportunity to participate. The programme began with the lighting of the lamp. Bro. Dhanaraj, Secretary, Montfort National Council, who was the chief guest gave an enlightening and meaningful message. The programme included song, speech, theme dance, poem recitation, etc. the programme concluded with National Anthem. On the 15th of August 2017 at 7.45am the students and staff gathered at the college for flag hoisting. The programme started with a

welcome speech which was followed by squad commands and flag hoisting and Independence Day message. The programme was concluded after National Anthem and sweets were served as the assemble dispersed.

Communal Harmony Day:

Communal harmony day was held on 19th of August 2017. 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.*"

Teacher's Day

This year students of Sampurna Montfort College Celebrated Teacher's Day on 21/08/2017. The event was themed Retro and all the faculty, non-faculty members along with students were expected to follow the theme throughout the day by dressing up in that way. The event started at 2:00 p.m. and it was followed by tea and snacks. Teachers had a special entry planned, all students welcomed teachers in their way either by clapping loud or hooting for them. Students from all the classes gave performances in their unique way by dancing, singing, or enacting some teachers to thank the faculty and non-faculty members. Faculty and non-faculty members were also made to play a game. It was amusing to see the child in every teacher and listen their laughs. As the performances ended all the faculty and non-faculty members were given a token of gratitude from students of Sampurna Montfort College. Some students gave a flash mob performance that time and then everyone joined them to dance. The day was memorable for everyone in college.

Marking the 60th Rajyotsava Celebrations at Montfort College

People say India is rich for its culture. In that case, Sampurna Montfort was the richest it could ever be on the 8th of November 2017, as we celebrated both Kannada Rajyotsava and Ethnic Day. The Kannada Rajyotsava celebrations started at 3pm witnessing the diversity of Karnataka through the video – 'Namma Naadu Karunadu' was played by Mr. Sudharshan H L. It was a huge discovery for back packers. Bro. George, the Principal and Mr. Maxim Pereira, Asst. Professor interacted with the students on this topic. The former spoke to us in Kannada for a bit and surprised us whereas the latter told us the difficulty that he, as a parent, faces in trying to convince his children to learn the language. 3 "Elladaruru, Yenthaadaruru, Yendendigu nee Kannadavaaguru, Kannadave Sathya, Kannadave Nithya." - Kuvempu (wherever you are, however, you are, cherish the essence of the land Karnataka and respect.) With a guessing game and some enlightening videos, we had Manasvi and Varsha educate us about the various traditions that our land has. This left us overwhelmed with the many festivals, dance forms and varieties of food that Karnataka has! They left us hungry not only for the food but also with a hunger to explore the richness of the land.

Preceding this was the nonverbal communication illustrated through the power and beauty of music by Santhosh and Abin with the 'Matka' and the 'Tabla'. This show left us mesmerised, and as Sudharshan called it, "Two states conversing with each other without the requirement of language". We concluded our celebrations in the auditorium with the state anthem, Jaya Bharatha Jananiya Tanujaate, and moved to the lawn area for a much-awaited fashion show performed by our fellow students. This was followed by photo sessions at the beautiful photo booth set up by Samson Roy to raise funds for the Children's Day programme. We enjoyed the company of our friends and went back happy realising that we are part of a larger family – India

Human Rights Festival

12th of December 2017, saw Sampurna Montfort College celebrate Human Rights Day in a first of its kind Human Rights festival organised by Amnesty International, alongside The Student Outpost, Christ University (deemed) and member clubs. The event began at 12:30 in the noon with a documentary on the theme of Campus and Democracy titled "*Ek Minute ka Moun,*" "*A minute of silence*" in translation. The documentary portrayed stark realities of campus politics and how perpetrators of human rights violations often get away due to inequalities stemming from caste and class by enticing people for or against their ideologies.

This was followed by a panel discussion of which eminent personalities such as Vikram Singh, President, Student Federation of India, Rahul Sonpimple of Birsa Ambedkar Phule Students Association, Arundhati of SFI and Deepu of Pedestrian Pictures were a part. The discussion was enlightening and thought provoking and ventured around the role of student bodies in mobilising organised social movements.

The day ended by awakening the activist in each one of us. It has truly been a remarkable experience working with Amnesty in organising this festival and involving Sampurna Montfort College in this year's theme "Suppression of Dissent" where we hold true to the spirit of creative expression by means of art and discourse in comparison to the traditional means of protests.



Women's Day Celebration

“Here is to Strong Women.
May we know them.
May we be them.
May we Raise them.”

Women's Day was celebrated on 8th March 2018 in our college. The Student Body chose the colour Black as the dress code for the day. The significance of this was to break the stereotypes and myths associated with the colour. The broad theme chosen was Gender Equality, which is in-line with the current trends in society regarding gender.

The event kick started at 11am in the auditorium. There were two short films screened. They were Juice and Strong. Juice is a 14-minute short film that speaks about internalized patriarchy and misogyny at the core of society, while Strong is a film by Anurag Kashyap which gives the message to women to stand up for themselves. The faculty and students actively participated in a discussion post the screening of these short films. The moderators for the discussion were Lopamudra Goswami and Dominic. They tactfully brought out the various opinions, ideas and suggestions from the students and teachers.

The discussion was followed by a speech by Robin. He beautifully narrated his bitter-sweet experience of living in North India, along with the reality of how a girl and a boy are given differential treatment since birth. A group of talented dancers then took over the stage and gracefully depicted the story of separate phases of a woman's life.

The faculty and students were then requested to assemble near the main gate and join the Women's Day Awareness March, also called the Human Chain. This was termed the human chain as all the members of the college, teaching, non-teaching staff and students held each other's hand as well as posters to spread awareness. The citizens of Bengaluru were indeed very reciprocal in their responses when students chanted slogans by waving their hands. This was indeed, a very enlightening and impactful day in and around our college.

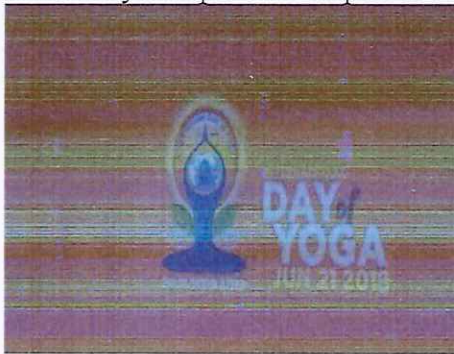




International Yoga Day at Montfort College

21st June 2018, 11 am

United Nations General Assembly declared 21st June of every year as 'International Yoga Day' to propagate the significance of Yoga in one's life. Yoga is a set of physical, mental, and spiritual guidance on lifestyles that can enhance one's holistic wellbeing. Yoga has its deeper roots in the ancient Indian traditions, which was later theorized by Saint Patanjali in early fourth century BC. Swami Vivekananda is credited for familiarizing it to the western countries. Yoga is being celebrated beyond socio-political, cultural, and religious boundaries across globe as it provides holistic wellbeing among those who practice. Scientific studies have identified varied psychological benefits ranging from cognitive augmentation to self-development by practicing yoga on a regular basis. Considering this, Montfort College being a devoted institution for training mental health professionals, has been upholding the therapeutic use of yoga in mental health. Montfort is teaching yoga as both theory and practice as part of its curriculum.



On the 21st of June 2018, Montfort College celebrated the International Yoga Day. It was aimed at enhancing the orientation towards the significance of yoga, more so, in the field of mental health. Though the college is in preparatory vacations for the end semester exams and most of the students were away, some students along with the staff took part in the event to observe the day. Bro. George, Principal and Director of Montfort College, inaugurated the event by welcoming the participants. He highlighted the importance of yoga in day-to-day activities.



Later one of the faculty members lead the session by demonstrating few simple yet effective yoga asanas like hasta-paada asana, vajra aasana, veera asana and so on. He also facilitated other participants to practice those asanas and explained the benefits of those asanas.





The group concluded the session by doing a brief pranayama technique to experience calmness within.



With this Montfort College made its contribution to percolate the culture of yoga to attain holistic wellbeing among the staff and students and through them to the society in general.

CULTURAL EVENTS

Deccan Herald Metro Fashion Show 2017



Seventh edition of Deccan Herald Metrolife Fashion Show hosted by Deccan herald metro on August 20th, 2017, at CMR Law School, OMBR, Bengaluru was attended by our students. It was glitz glamor and more. Colours, concepts, choreography, and clothes- it was a perfect blend of all this and much more as the teams set the ramp on fire with their passion and creativity. The audience and judges alike were in the throes of excitement as western and ethnic blend was highlighted.

Onam

The Onam celebrations organized by the Montfort College hostelers was held on September 4th, 2017. Since it was held on a restricted holiday, the students and faculty were invited to join in with the celebrations. Brightly and beautifully dressed guests marked the programme, with students and faculty alike being dressed in the traditional Kerala Onam attire. The entrance of the college was beautifully decorated with a design of flowers. An onam sadhya/lunch was organized by the students themselves and served amongst the guests. After a hearty lunch, the celebrations continued with fun-filled interactions and an album of pictures being taken. All the celebrations, especially the Onam Sadhya happened in the hostel cafeteria. Students spent an incredibly enjoyable time with their friend and staff.



Onam Sadhya



Students dance performance at Onam

Prabuddha Manasa: An Intercollegiate Fest

On 9th October 2017 **Prabuddha Manasa – Intercollegiate Fest** was organized by the college. Several students from various Undergraduate and Post graduate colleges participated in the various competitions and exhibition organised as part of the Fest. This fest was organized as a part of World Mental Health Day celebrations and to spread awareness.

The event Prabuddha Manasa, celebrated on the Mental health day i.e., the 9th of October was an intercollegiate event. The morning started with many energetic and enthusiastic participants around 9:00 am. However, the registration of the events started by 8:00 am.

There were 11 events for the day arranged by the students along with the faculty, they are: Quiz, Street Play, Poster Making, Mime, Spoken Word Poetry, Photography, Debate, Group Dance, Extempore, Model Making, Mastermind. There were 37 participants from different colleges of Bengaluru like IIPR, Bishop Cottons girl's college, MES college, Surana College. Students at Montfort college were also given the opportunity to participate in the event. There were separate events for Degree college students and PG students. Talented Judges for each event were felicitated with a sapling and handwritten thank you note. Judges were amazed to see the talent presented by the students. The limelight of the event was when Karuna Baskar spoke about Mental Health in the Workplace. The event was covered by Dighvijaya 24/7 & Vijayavani. By the end of the day names of all the winners for their events were announced. The certificates and a gift voucher for the same will be sent to their respective colleges soon.

It was an amazing day filled with fun and excitement.

Indigo 919 Max Fashion

Venue: College Lawn

Date: 11th October 2017

Indigo 919 Max Fashion conducted various cultural activities for the students where they put up a small stage and conducted singing, dancing, various cultural activities. This was to celebrate Diwali. All the participants were provided with Max Fashion Gift Vouchers.

Ethnic Day

People say India is rich for its culture. In that case, Sampurna Montfort was the richest it could ever be on the 8th of November 2017, as the college celebrated Ethnic Day. Sarees, Kurtis, Lungis, Kurtas and what not! Montfort saw it all. The agenda of the programme was cultural games, talent show and fashion show. Each event had students participating very enthusiastically. Apart from the programme, the day also brought in different stalls put up by the student selling not just food but also a variety of craft items made by them. Overall, the day displayed colours of diverse cultures and marked a joyful occasion for the college.



Food Fest

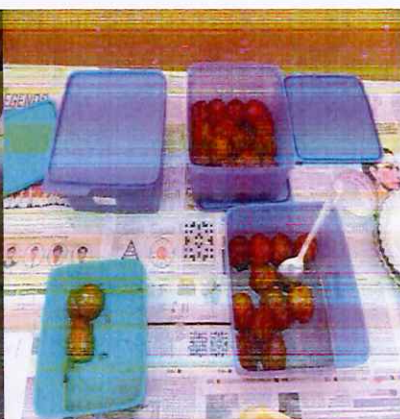
The student council of the college organised a Food Fest on 18th of October 2017. Each class had put up their stalls and had produced creative captions for the stalls. They contributed about 50 % of the profit or more was contributed to the Student Council. This was done as a fundraiser for Children's Day and other upcoming events of the college. There were many varieties of dishes that were served in the fest. The students tried to keep a healthy option which delighted the taste buds. The campus looked festive and was filled with the wonderful aroma of the dishes. Students were also cautious of the waste generated and were mindful of not creating litter.



Students at stall



Deserts in the Food fest



Christmas Day

On 22nd December 2017, Sampurna Montfort College wore a festive look with bells and beautifully decorated Christmas tree and Crib. The celebration was done with great excitement by everyone in the college. A week before every class started playing the game 'Secret Santa' also known as Kris Kringle, by giving small handmade gifts or some tasks.

On the day of celebration, the programme began with a melodious Carol song by the college choir, a hearty welcome address by the Principal, Bro. George, and a set of Christmas messages by the faculty. One of the members of the faculty and one from the students were asked to share their thoughts on the personal meaning that Christmas holds for them.

Following the welcome address, the student council requested for a group of players from the audience for the first set of games – Musical Chairs. After 4-5 intense rounds of musical chairs, the final winner was declared from second year MSc Counselling. For the next set of games, the students were divided by class to form groups for Charades. Each team sent a player across to decide on movies to depict and the student council were selected as judges to ensure fair play. The final winning team received meritorious certificates to mark their participation in the celebrations. Some students shared their experience of Christmas and what it means to them whereas others patiently heard about it. The celebration indeed set out a vibrant note and the customary carol by each class. The day was filled with fun, joy, and laughter.

The programme ended with a Christmas secret Santa gift exchange. Previously selected secret Santa had a chance to share their gifts and reveal themselves to their partners. It made for a fun evening. The programme ended with a thank you address by the student council President.

Montfort Sports Day

Montfort Sports Day is a spectacle, since it involves not only the display of sporting skills but is an opportunity to strengthen the bonding of family spirit which is really the hallmark of the institution. The months of March and April witnessed both staff and students in the sports arena competing for their houses. The competitions spread over a month was a very enjoyable and relaxing experience for all.

Report: The Sports Day is a spectacle in the life of every Montfortian. The Principal, Bro. George, inaugurated the Montfort Sports 2018 on 17 March at 10:45 a.m. The program was adorned with streamers, pops, and flags by post, as the lamps were lit by the director and representatives from the faculty and the students. The entire college, gathered in the lawn, was divided into four houses: Inferno, Green Strikers, Blue Badgers, and Spartans. Each team selected a captain and vice-captain and as well as an animator who was a faculty member.

In addition, each team was given a theme by the sports council, and they had to make a thematic presentation on the last day. Camera men and women surrounded the radar to capture candid pictures of each event. Whatsapp groups were created with sports council members, captains, and vice captains and all the information including schedule, guidelines, suggestions, and queries were updated regularly.

Saturday, 27th of March was the 'Sports Day'* the day began at 9 in the morning. Attendance was taken twice, at the beginning and the end of the day. The fields were set out with all the equipment. A considerable number of incentives were distributed to survive in the scorching heat of the day. At various points of time, refreshments were served. For lunch we had exquisite spread with Hydrabady chicken biriyani and veg biriyani and finally ice cream.

The second phase of the day began with Mega Tug of war which really shook the entire team. For the valedictory function, the students were called to the lawn. Bro. George and Bro. Jacob distributed the prizes. Ever rolling trophies, certificates and small gifts were

given to the winners. The winners of the tug of war were gifted a full ripe banana bunch. The sports secretary proposed vote of thanks to everyone for their cooperation and enthusiasm. Finally, it was announced that the yellow team, Spartans, won the overall championship with 342 points.

It was a day filled with Joy, fun, friendship, and fond memories to take home. The great cheering and loud voice ended; the calm and serene atmosphere of Montfort is back again.

Art Fest

Being a Psychology-oriented College, the fest wanted to give space to students to express themselves with a mode of therapy. Drawing, use of colours is understood as one of the best ways of expressing one's emotions and thoughts. The event was divided into two slots, where in the first half everyone in college were expected to draw whatever, they wished and relax/ calm themselves. During the second half, students had to represent their class using different performing arts as a medium and the theme for this was Mismatch. Everyone was mismatched way dressed and used their creativity in the best viable way. The students were excited and danced their hearts out after the event.

Farewell

The graduating students were given an emotional farewell by the Juniors on 9th May 2018 at the auditorium. The programme started with lighting of lamp and a prayer song. This was followed by welcoming the guests, the final semester students. Bro. George Padikara, the Principal and Director addressed the students by guiding them with his words of wisdom and blessed the students for their future endeavours. Ms Sritha Sandon, Associate Professor, Dr. Surya Rekha, Professor also spoke to them. This was followed by a variety of cultural shows and farewell dinner. It was an opportunity for the outgoing students to look back at the time spent in the college and express their gratitude and for the juniors to wish their senior's good luck.



Students in Mehendi stall

Orientation Programme

It is a long tradition at Sampurna Montfort College to organize a one-day orientation programme for the fresh batch of students to orient them towards the culture and academics and to familiarise them to objectives and outcomes of the course of study.

ALUMNI

Our alumni association meets at regular intervals to further the aims of the Institution and its alumni. The association organizes activities related to professional development of psychologists and counsellors. Alumni of Montfort College are currently working as Lecturers in psychology and counselling Centres, Employee Assistance Programmes, Counsellors (in education institutions, the corporate sector, Marriage, and family counsellors etc.), Life skills educators, Special educators as well as practicing on their own while some are Trainers and facilitators. A sizable percentage continue with their higher studies at M.Phil. and Doctoral levels.

CONCLUSION

The College cultivates an environment of friendliness and approachability among the Management, faculty, students, and rest of the staff. We have an active Internal Quality Assurance Cell (IQAC) set up as per NAAC guidelines. These enable us to maintain ambitious standards in our educational facilities. We also have set up various committees for the smooth functioning of the institution. We are committed to excellence in both research and teaching and strive hard to provide liberal environment where staff and students are encouraged to achieve their full potential.