



SAMPURNA

**MONTFORT**

# ELIXIR

2019 - 20

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Sampurna Montfort College  
Annual Magazine



## *A message from the Principal*

*Brother Victor*



Principal, Sampurna Montfort College,

As Aristotle said “educating the mind without educating the heart is no education at all.” Sampurna Montfort College of Counseling and Psychology involves awakening in students a higher social consciousness through various humanitarian activities. The College keeps its focus on liberation through enlightenment in every step of the way and the students are empowered with academic excellence, creativity, competence, commitment, and compassion. They are encouraged to become the people of vision and value.

It is indeed heartening to note that the students’ newsletter is a brief picture of students’ collective efforts, which in turn develops them into leaders and allows them to collect all their artistic ideas in the bowl of the human mind. It is worth emulating that every event and every achievement of the past one year is documented ingeniously in this newsletter.

I especially note the hard work of those in the student council who shaped this newsletter as well as individuals who were instrumental in bringing out this commendable piece of work. May the Lord who blessed this institution continue to guide and take it to the greater glory of God.

With best wishes and God’s blessing,

**Br. A Victor Raj,**

Principal

## *Message from the Director*

*Bro. Mathew Panathanath*



My hearty congratulations to the whole team who have been working very hard to bring out this reminiscence of the academic year 2019 –2020 at Sampurna Montfort College. I am proud of your initiative to bring out this review of events which will take us back to the pleasurable moments during the year. It will also give an opportunity for others who will get an opportunity to glance through the events at the college during the year.

Along with training to become effective mental health professionals, you are also provided with various opportunities for your overall development to become, in the words of St Irenaeus, the Glory of God is a Human Being who is Fully Human and Fully Alive.

I thank and congratulate our dedicated faculty and staff for your commitment and facing the difficult times with courage and tenacity. I also specially thank all the parents, friends and well wishers of the college whose encouragement and support boosted our efforts to train our students to serve the society.

I appreciate all you students for your vibrant presence in the college spreading joy and happiness around as well as creating an atmosphere of peace and calm in the whole campus.

I take this opportunity to congratulate all of you who are completing your training this year. You have grown personally and learned skills sufficiently to start your career as Counsellors and Psychologists. I wish you great satisfaction in your efforts to serve the society to experience growth and emotional well being. I also thank you for your contribution to make Montfort a better place for training and experiencing a spirit of compassion which you will radiate around you wherever you will be. Keep in touch and keep us informed of your successes and even any disappointments; both are parts of life. May the good Lord keep guiding you towards well being and to help you achieve the same around you, your family, workplace and society.

May the Lord bless all of us, our families, society and Nation to live our everyday life meaningfully, experience satisfaction and contentment.

**Bro. Mathew Panathanath**

Director

## *Message from Administrator*

*Sebastian Antony Samy,*



I am glad to pen down a few words for this long-awaited magazine. Sampurna Montfort College is where I dreamt to be, finally when the opportunity came to me to take charge as Administrator of the college, I was overjoyed and accepted it gratefully. It has been a wonderful journey in Sampurna Montfort. Efficient management, Experienced faculty Enthusiastic students and Ever committed Supporting staff brought a life and vigor to this Prestigious college.

Everyday when the students walked into the campus in the morning and until they left the college, I could feel lots of positive vibration which filled the entire campus. The friendly and matured relationship among the student-teacher interaction gave way for the holistic approach towards learning. Every Activity which happened in the campus was filled with fun and frolic. The Highlight of all the events was the 'Bala Mela', which brought tears to many of the students when the time came for saying goodbye to the kids. Of course, Olympia 20' was an extraordinary sports fest which gave way for each of us to work as a team and get to know others. Lively days of ups and downs of success and failure gave us time to breathe easy.

I would like to thank each one of you for contributing news and articles for the magazine and special appreciation to the Magazine committee for accomplishing the great task of compiling and designing the magazine. Though the lockdown has made our life twisted a bit, online platforms helped us to be in touch with each of us.

As I bid goodbye to the Sampurna Montfort, I carry with me the sweet memories and experiences I had in the past 1 year. My big thanks to each one of you. My best wishes and congratulations to the graduates of 2020! Shout to the world for all that you have learned from Sampurna Montfort and be a witness to the society.

## **Maxim Pereira, Asst. Professor, Course Coordinator**

As we all know, we are all living in a new situation of COVID 19 pandemic. Among the many things that I could learn during this situation, I wish to share a few:



### **Flexibility/Adaptation**

Recently during a faculty development webinar on online teaching and learning, the facilitator presented a quote that read somewhat like this: “Technology cannot replace a teacher. But a teacher who doesn’t use technology will be replaced by a teacher who uses it”. This is true of not only teaching but of many things. The pandemic has taught us to adapt to many things old and new. Just a name few - being indoors, wearing masks, social distancing, managing life with the few available resources, use of online and technological methods.

### **Gratitude**

Being grateful and expressing gratitude to God and to people around us for what they have done in the present and in the past. In this context, I remember to having read about a COVID 19 survivor in Italy who after being on a ventilator for a few days said to doctors at the time of settling the bill of about Rs. 5000 dollars, “I never knew the value of breath/oxygen, I never thought of thanking God for my breath.

Let’s be grateful for our life that we are healthy and alive. Let’s be grateful that we have a home to live, enough food to eat at different times of the day. Let’s be thankful that many things in our lives are fine. Let’s be thankful to one another – family, friends...

### **Doing the little that you can do**

Recently, the display picture of one of my contacts had this quote: “The Sun setting sun, asked, “Who will help the earth have some light? A candle came forward and said, ‘I will try my best’”.

I also remember to have read somewhere something of what Mother Teresa of Kolkata once said, “You may not be able to help everyone in the world, but you are at least able to help one person, at least one time”

I would say that as human beings most, if not all of us, are receivers. When we think of giving or helping, we think of how can I give to/help so many. But I know from experience, that I can help someone in need, in my own little way at least one time. By the way, help need not be only through material/s. There are many ways of helping or doing the little one can do.

We may not be able to do great or extraordinary things. But all of us can do small or ordinary things in a great or extraordinary way. I believe that no one became great by doing the great things but by doing small things in a great way.

In Kannada there is a saying that means “drops make an ocean”. Let us give our drops and let us try to build a small pool if not an ocean. We all have received much. Let us give a little.

A smile to a stranger and if possible a brief conversation to get to know about him/her: At some point in my life, while I studied Commerce, I learnt this: A smile loses nothing, but gains everything. We all know that smiling and laughing can help us stay healthy and have better immunity.

A text/ message inquiring about someone's well-being,

A call to check as to how an acquaintance or a friend is doing.

There are more ways of doing a bit for others if you wish to do it. By the way, by helping others we help ourselves to have a good mental health.

### **Some Effort/Bit of Sacrifice of Your Needs**

I know of an individual with the federation of 2000 organizations and individuals touched more than 11,00,00 lac lives distributed nearly 2,00,00,000 meals to the needy during the lockdown from April to June, 2020.

Giving sometimes involves, postponing some of your needs. Recently, I was amazed at two trainers who were facilitating a free training programme who hopped from one training session to another one, from morning till afternoon and from afternoon to evening, that too oozing tremendous amounts of energy and engaging the audience with great communication styles.

### **Be Proactive. Sometimes, it Helps Not to Listen to Others**

Do the good or something that you have to or you have determined to or you are focussed on to do. No matter what is happening around, what news you are hearing, what others are talking about, you do the good you can do to yourself and to others. Do not lose focus of what you have decided to do or you have to do, because of your role or position or passion. Let your vision be on the goal and not only on the way and the process. I remember the story of a little frog who won the competition of climbing a tower. Once a race was organized for some frogs. The instruction was that after running some distance on the ground, all frogs had to climb to the top of a tower. As the frogs started their race, the many in the audience started saying, "no one will make it to the top", "the distance and the height is too much", "the frogs are small" and so on. One by one, the frogs stopped running after covering some distance. But one frog continued all the way to the top. Later, it was discovered that the frog was deaf. Therefore, it helps not to hear sometimes the real news and fake news during the pandemic, the criticism and the comments of others. Be determined to do what you have to do.



December 2004: MSc Psychology Started



September 2004: Accredited with NAAC with B++ grade



June 2005: recognized as research center for bangalore university



November 2006: New college building inaugurated



August 2009: Started montfort center of counselling and psychotherapy



June 2010: MOU signed with CDCP (Center for diversity in counselling and psychotherapy), University of Toronto for research Collaboration



January 2011: College was included under 2 (f) of the UGC Act, 1956



July 2012: Accredited with NAAC with A grade



August 2016: Permanent affiliation received from Bangalore university



January 2018: college included under 12 (B) of UGC Act, 1956



## COMMENCEMENT CEREMONY 2019

### At Sampurna Montfort College

May 11, Saturday: Sampurna Montfort College celebrated its 20<sup>th</sup> Commencement Ceremony on May 11 at the college premises. Located at Indiranagar, Bengaluru, Sampurna Montfort College is a premier institute in the field of mental health, with a vision to create greater awareness about the importance of mental health in the society. It has been successfully producing postgraduate students to work in the field of psychology and psychological counseling since 1998.

This year a total of 160 students from the Batch of 2017-2019 obtained post-graduate degrees, making it the largest batch of mental health professionals to have graduated from the college

thus far. A total of 130 students obtained their Master of Science degree in Counselling Psychology and General Psychology under Bengaluru University and 30 students obtained their Post Graduate Diploma in Counselling Psychology under Martin Luther Christian University. Aradhna Mohan and Fr. Jose Fernandes was elected to be the valedictorians from Bengaluru University and Martin Luther Christian University respectively.

The Chief Guest for the esteemed event was His Grace Most Rev. Dr. Peter Machado, the Archbishop of Bengaluru. Other dignitaries to grace the event were Prof. Tony Sam George, Dean of Humanities and Social Sciences, Christ (Deemed to be) University, Sri. Lukose Vallatharai, IAS and Br. George PJ, Principal of Sampurna Montfort College.

The event was inaugurated with the ceremonial lighting of the lamp by the dignitaries, following which there was a welcome address by the Principal. The Chief Guest then addressed the gathering with words of wisdom, where he encouraged the budding mental health professionals to maintain the right attitude and solitude of mind while having gratitude towards the people who have helped them in their journey. A vibrant cultural program was put forward by the present students of the college, which included classical music and dance recitals. Another highlight of the event was the release of the college magazine, Elixir. All the graduates took an oath towards improving the mental health scenario and following the ethical guidelines that govern counseling in India. A final vote of thanks by Assistant Professor Sudharshan Hebbani marked the end of the 20<sup>th</sup> Commencement Ceremony at Sampurna Montfort College.

SHREYA P. DEURI  
(3<sup>RD</sup> MSc Psy)



## Independence Day Celebrations 2019

BY SIMRAN AGRAWAL  
2<sup>ND</sup> PC

Independence Day celebrations at Sampurna Montfort College encompassed a two-day event, on 15th and 16th August 2019. It commenced with the traditional "Flag Hoisting Ceremony" symbolizing respect and honor on Thursday, the 15th. This event was graced by esteemed dignitaries Bro. Mathew Panathanath, Founder Director and Principal of Sampurna Montfort College, Bro. Varghese Mandapathil, Provincial of North East Province,



Bro. Paul Raj, Principal of Montfort College, Bro. Augustine, Finance Officer, Bro. Sebastian, Administrator and the hostel students. The program started at 7:30 am at the college entrance, where Jitesh welcomed the gathering. This was followed by an inspiring address delivered by Bro. Sebastian. Consequently, to symbolize the events that unfolded on Independence Day 1947, Medha gave the command for the march past. With the troop marching in sturdy steps in an upright posture, Bro. Mathew Panathanath hoisted the Indian National Flag with utmost reverence. To further elicit the importance of this historical marker, John Lavanya addressed the gathering with a message fit to the essence of the occasion. The ceremony was then respectfully concluded with the National Anthem that echoed beyond the periphery of the institution.

Following this, the college held a special Independence Day program on 16th, which also served as a welcome ceremony for Bro. Paul Raj, the new Principal of Montfort College and the 2nd year students of Montfort College. The auditorium was beautifully

decorated with balloons, streamers, and other crafty creations to signify Independence Day, all set to hold the exhilarating celebrations at 9 am. The emcee, Janice Priya Mascarenhas of 1st year PGDCP welcomed the old and new students of Montfort. The honorable presence of Principal Bro. Paul Raj, Bro. Mathew Pannathanath, Bro. Augustine Novello, Bro. Sebastian and the teaching and non-teaching staff further heightened the purpose of the occasion. To mark the beginning of the program, alongside Prof. Vishalakshi Sridar's Shloka recitation, Bro. Paul Raj, Bro. Augustine Novello, Bro. Mathew Pannathanath, Aishwarya from M.Sc Counselling Psychology and Soorya from M. Sc Psychology performed the holy duty of lighting the lamp. The hall was uplifted by spirituality as the students of 1st year PGDCP delivered a prayer song. The audience too sang along in focus and devotion. Immediately after Prof. Sritha Sandon's moving

welcome speech, Prof. Maxim Pereira introduced the newly appointed principal, Bro. Paul Raj to the students. Bro. Paul Raj took the opportunity to reflect on the number present, sweetly and successfully establishing his connection with one and all. There were a few cultural programs that included a medley by the students of 1st year PGDCP, a solo recital and a rather inspirational speech about "A Fauji Kid" by Roopa. Being a Fauji Kid herself, Roopa expressed her experiences of belonging to an Army family. She shared her story with happiness, strength, a tinge of nostalgia and took pride in being an Army kid. As the ceremony came to an end, Prof. Meera Neelakandan gave the Vote of Thanks and the audience rose for the National Anthem.

## Teacher's Day

Our teachers. They inspire us. They lead us through tough times. They encourage us to look to the future and never give up. On the 9th of September 2019, we Montfortians set aside time to celebrate the presence of these wonderful people in our lives.

Great anticipation hung in the air, before the Teacher's day program began. Both audience and performers, eagerly awaited what promised to be a highly entertaining program that showcased the great talent of the students of SIAS & Montfort College.

As a symbolic representation of the teachers who are a light in our lives; the program started off with the lighting of the lamp by Chief Guest Provincial Superior Bro. George P.J., Director and Principal of SIAS Dr. Bro. Mathew Chulaparambil, Principal of Montfort college Dr. Bro. Paul Raj & representatives of the faculty.

Jitesh from II MSc. Counseling Psychology welcomed the gathering. This was followed by an address by Bro. Mathew C, which was filled with inspiring words that made us introspect and self-reflect. Professor Maxim then gave us an introduction to

the Chief Guest, Dr. George PJ. After this was a surprise performance by the students of MSc. CP. They had all enthralled with their artistic live performance of music, song, and dance that left the audience wanting more.



BY **TARIKA EKNATH  
KANNAN**

**3<sup>RD</sup> SEM PSYCHOLOGY**



The program continued with a mesmerizing instrumental medley, on keyboard and violin, by MSc. Psychology students Ashish and Aparna respectively. Their songs like 'Roja' transported to the audience back to a different era altogether. After that immersive performance, was a solo vocal piece by Louella, from MSC. CP. Her rendition of the song 'At last' was truly beautiful.

Reena from MSc. CP spoke next. Her words were filled with encouragement and gratitude. After this, was a dance performance by the students of MSc. Counseling Psychology. As they frolicked to tunes like 'Gori Gori', they had all nostalgically reminiscing about the '90s and wanting to join in

all the fun on stage. The next event lined up was a speech by Professor Visalakshi, her heartfelt words moved us. After that incredible speech, the audience was addressed by Chief Guest Dr. George PJ. His words were truly motivating and uplifting.

Our teachers were given a small token of gratitude and appreciation to show them how much they mean to each of us.

The program came to a close with the vote of thanks given by Priyadharshini from PGDCP. Professor Sritha shared a token of appreciation, on behalf of the teachers, in gratitude for the student's affection.

## FIT INDIA MOVEMENT CELEBRATED AT SAMPURNA MONTFORT COLLEGE

BY SHREYA P. DEURI  
(3<sup>RD</sup> SEM MSc PSY)



The Fit India Movement is aimed at encouraging people to give priority to sports and fitness in their day-to-day lives. It attempts to inculcate physical activities/sports into the daily lives of citizens to improve their physical fitness and well-being. Prime Minister Narendra Modi launched the nation-wide Fit India Movement at New Delhi on the occasion of National Sports Day, observed on 29<sup>th</sup> August.

The event was commemorated at Sampurna Montfort College

on the same day. An array of physical activities were organized at the college campus and all members, students, and faculty alike, we're encouraged to participate in at least one physical activity of their choice. A yoga session was held at the college auditorium to promote the indigenous lifestyle practice. Participants were guided through a series of breathing exercises, asanas, and the Surya Namaskar or sun salutation by a student practitioner.

Another activity session was organized at the college lawn, where participants were encouraged to follow through a series of stretching exercises as demonstrated by a student instructor. In addition to this, friendly basketball and table tennis matches were also organized among the students. Students from both Sampurna Institute of Advanced Studies and Montfort College came together to participate in Prime Minister Modi's nation-wide clarion call for fitness.

## **BNM FRESHERS'** **ORIENTATION-2019**



**BY JYOTI MARIAM JACOB**  
**(3<sup>RD</sup> SEM PSYCHOLOGY)**

*Sampurna Montfort College welcomed the new batch of 2019-2021 on 11<sup>th</sup> September 2019 through a warm and heartfelt orientation ceremony.*

*The orientation began at 9.00 am and was held in the auditorium where every fresher was welcomed into the Montfort family with a rose. The two vibrant hosts of the ceremony, Mr. Ashish Mathew (M MSc. Psychology) and Ms. John Lavanya (M MSc. Counselling Psychology) unveiled the formal gathering by welcoming the dignitaries and all the students.*

*The day began by the lighting of the lamp where light symbolizes the path from darkness to goodness, life, and hope. The director, Br. Mathew Chulaparambil, the Principal, Br. Paul Arul Raj, Academic Coordinator Ms. Sritha Sandon and one student each from 1<sup>st</sup>-semester Psychology and Counselling Psychology were invited on to the dais for the lamp lighting ceremony. The director, Br. Mathew later addressed the gathering and extended a warm and hearty welcome to all the new students on behalf of the Montfort family. He urged the students*

to actively indulge in a Tapasya for learning and attain enlightenment. Following the welcome address, the very talented students from III semester Psychology showcased a dance performance, filled with glamour and energy. Later, Br. Paul Raj addressed the students' gathering with a very profound and gentle message on life and living at Montfort. Following the formal address by Br. Paul, the students of III Psychology staged a melodious musical performance, which was a treat for everyone. Following that amazing performance, the academic coordinator, Ms. Sritha Sandon took charge of introducing the freshers to all the teaching and non-teaching staff as well as all the support staff of Montfort College. Ms. Soumya (III Counselling Psychology) later came onto the dais and shared her experience of being a Montfortian. She shared her journey of growth and learning

and encouraged all the freshers to let down all inhibitions and discover one's own potentials. The formal gathering was concluded at this point with the vote of thanks, as proposed by Ms. Felicia (PGDCP, SIAS).

The second part of the program was taken up by the faculty. The various professors orientated the students about the functioning of the university and the college, the syllabus as well as the various events and activities of the college. This segment continued until 01.00 pm after which the gathering dispersed for lunch.

Post lunch, the seniors organized an informal freshers party for the juniors. The event was scheduled with games and songs, laughter and fun as well as loads of casual interactions. It was a time for all the students, juniors and seniors alike, to come together and get to know each other.



## WORLD SUICIDE PREVENTION DAY AND WORLD PEACE DAY

Montfortians gathered on the lawn, on 16<sup>th</sup> September 2019 to observe World Suicide Prevention Day and World Peace Day with great enthusiasm.

According to World Health Organization, every 40 seconds, someone loses their life to suicide, which tells



BY SOORYA O  
(3<sup>RD</sup> SEM PSYCHOLOGY)



us the intensity of the situation at hand and the need to educate, spread awareness and support our fellow human beings. Various cultural programs, such as a play, a song, a dance drama, recitation of poetry, a workshop, were hosted by the students. This was done in order to educate, spread awareness, and lend a supporting hand to people around. These programs emphasized strengthening the

ideals of peace within us and in turn among nations.

The emcees of the event, Afifa and Felicia gave people important insights on World Suicide Prevention Day and World Peace Day. The event was kick-started by Anandh and team, singing What a Wonderful World by Louis Armstrong, reminding us to look at the world in a



positive light. This was followed by Muthu Kumar, welcoming the gathering. The program continued with the students of PGDCP who enacted everyday situations in which we may encounter people at their lowest and how we must guide them and talk to them. They also spoke about Suicide Prevention Awareness strategies in Medical settings, Media strategies and Suicide helpline numbers.

After that insightful enactment, Judy and John recited a poem called 'Blue Murder' (written by Judy) which captured the intensity of human emotions in powerful words. Following this, many students shared their experiences with suicide. First up was Zeba who shared a personal experience about a friend she lost to suicide. Up next was Pramila who shared



the report about the workshop that was conducted in an orphanage. Following which, Visalakshi, assistant professor, spoke in depth about the symptoms and prevention methods for Suicide.

The next performance by the students of 1<sup>st</sup> Counselling Psychology depicted a dance drama named 'Give life a chance'. It showcased the inner struggles of a person who struggles with suicidal ideations. The event was concluded with an address by Br. Paul Raj, Principal.

The performances filled the spectator's hearts with motivation and inspiration to work towards educating, spreading awareness, coming up with new strategies and to lend a hand to someone who is in need of help



BY SANJUSHREE V H  
(2<sup>ND</sup> SEM MSc PSYCHOLOGY)

# BNU

## ELECTIONS





*Every vote counts!*

*Elections at Montfort college were more exciting than any other elections in the country. There was an election commission that was formed that laid out the protocol for the election. Our young campaigners went the extra mile to prove themselves worthy of the votes they would receive and their creativity was exhibited in the form of handmade posters and e-posters.*

*We had two contenders for the presidential post - one female and one male, both of them my exuberant classmates. For the post of Events secretary, there were two female contenders from different classes, both of whom had a lot of experience in organizing events. The position of sports secretary was the most competitive with four contenders, three of them being juniors. Treasurer was the one of the positions which were unopposedly giving no chance to the contender to experience the anxiety of results (I am very glad for that :P ). Class representatives in the student council from every class were to be elected. 2 contenders were present for III Psychology and I Psychological Counselling. I Psychology had battled it out within their class before the elections and nominated only one person wherein III Psychological Counselling nominated one person with no battles and opposition.*

*Every candidate was given three minutes to present their final speech after which the voters cast their votes. The counting of votes is a transparent process in Montfort College. Every slip is read out aloud and tallied on the board. This process creates a lively tension amongst the audience, all waiting to witness how beneficial their vote is going to be.*

*The counting of votes for the class representatives began first, followed by the events secretary, sports secretary, and the president. The most tension was felt for the post of sports secretary as four students contested and there was a draw in between two contenders - one junior and one senior. Thus, at this point, according to the rules laid down by the election commission of Montfort college, select faculty/ administrative staff intervened and cast their votes for the two contenders. After this, the winner was declared.*

*Br. Paul Raj, Principal - Montfort College quoted "This student council seems to be a promising one carrying a lot of energy". He blessed the winners with a rose and congratulated them individually.*

*There were a lot of emotions present in the auditorium amongst all the students; from excitement to disappointment and happiness to sadness. What was special was that most of the individuals in the auditorium felt the space around them to be a safe space and allowed themselves to be vulnerable, which is very important for personal growth. I am proud to have had the opportunity to also be in this space; I felt that it allowed me to grow in all aspects. The entire election process will forever remain a favorite memory of my Montfort experience. And the day - 23rd September 2019 shall be remembered by all the contestants and their friends.*

*Presenting the Student Council 2019-20 of Montfort College:*

*President - Ashish Mathew (III sem Psychology)*

*Treasurer - Sanjushree VH (III sem Psychology)*

*Events Secretary - Tarika Eknath Kannan (III sem Psychology)*

*Sports Secretary - Kanica Bhutoria (III sem Psychology)*

*Class representatives-*

*1 Psychological Counselling - Jumanah F Umer*

*1 Psychology - Pavithra D*

*III sem Psychological Counselling - John Lavanya*

*III sem Psychology - Annabelle Pais*

## MENTAL HEALTH MONTH



**AKSHAYA. R**  
**(1<sup>ST</sup> MSc PSYCHOLOGY)**

The World Mental Health day is celebrated on the 10<sup>th</sup> of October every year. The objective of having a day dedicated to mental health is to raise awareness about mental health issues around the world and to help increase support in favor of those facing mental health issues. This helps in destigmatizing the topic of mental health and mobilizing individuals in opening up about the issues they are facing. In the account of the same, we at Montfort College celebrated World Mental Health Day a little bigger by extending the fiesta to the entire month of October.

During this month, while there was a widespread increase in spreading awareness about the importance of mental health within the college, there were also a few events solely dedicated to do the same in a more conventional manner. The first was the Hakuna Matata event which was held on the 6<sup>th</sup> of October from 11 am to 1 pm for those between the age group of 18-25 years.



It was held on a Sunday to encourage anyone who could make it to open up about their issues without having to feel judged, making it a safe space. The main agenda of this event was to make it a talk where those willing to share their story may do so while being heard and acknowledged. The fact that everyone has their own story to share and that we are not alone in this was addressed, spreading a sense of comfort and acknowledgment through the audience.

The second and more awaited event took place on the World Mental Health Day, the 10<sup>th</sup> of October. This event sported a variety of factors that made it interesting. To begin with, there were five different stalls put up, specifically the anonymous letter stall where one could send anonymous letters to anyone they prefer; the shredding your fears stall where one's fears are written down and cut into pieces (quite literally); the letter to your future self stall; the bookmarks stall; and the food stalls which sold only the best food one can ask for post classes. There was also an open mic to the audience where some sang like the nightingales they are, some amazed the audience with their well-strung poetry, and some faced their fears and shared stories so close to their heart, it led others to tears.

But what makes this day a little more interesting is the huge banner flex that was hung right in front of the library in the lawn. That's right, the

Affirmation Wall! This was nothing but space where students and faculty alike shared a piece of themselves and spread words of comfort and encouragement to all. Song lyrics, short verses, words of love and motivation, and even handprints were seen to decorate the Affirmation Wall, simply conveying the message that its presence was spreading positive regard. Apart from this, there were also mimes and skits performed by different classes that highlighted the importance of mental health and the current state of the same in today's world, emphasizing on the need to address this issue immediately.

On the whole, Mental Health Month was put together by so many innovative, captivating minds, making it a huge success. The participation of all in emphasizing the importance of mental health marked the rise in those fighting for the same. The motive of having a month dedicated to the importance of mental health was well served by students as well as faculty, assuring the world a better tomorrow.



# **THE DUSSEHRA CELEBRATION AT MONTFORT COLLEGE**

## **GARBA, FOOD AND ART STALLS AND SO MUCH MORE!**



**ADITI SINGH**  
(1<sup>ST</sup> SEM, MSc PSYCH)

Sampurna Montfort College had its first cultural gathering of the new academic year on the 1<sup>st</sup> of October, 2019 in order to celebrate the festival of Dussehra which acknowledges the victory of good over evil. This day also brought out the culinary and creative skills of the students who put up Food and Art stalls in the college campus.

The college lawn was beautifully decorated by the arts and decor team. The students came to college in colorful traditional dresses. The girls wore beautiful lehengas and gorgeous Indian accessories like jhumkas. The boys wore vibrant kurtas and pajamas. The entire college atmosphere was filled with happiness and excitement.

During the lunch break, there were a variety of Food and Art stalls put up. Both the seniors and juniors put in great efforts by bringing in delicious homemade meals, snacks and treats. The food stalls included brownies, cupcakes, chocolate mousse, carrot and chocolate cakes, chaats- such as bhel puri and pani puri, meals- such as Mangalore chicken curry and Rajma curry with rice to appeal both the vegetarians and the non-vegetarians in the house, little snacks like peanut butter crackers and juice stalls with mango, orange, and lemon juice.

The entire lawn was filled with stalls containing sumptuous dishes!

Apart from the delicious food, we also had arts and craft stalls put up by the students, which sold beautiful handmade bookmarks, greeting cards, postcards, paintings, and other handicrafts. The students were surprised all by their commendable artwork. Both teachers and other students had a wonderful time purchasing these items.

As the classes of the day came to an end, the entire college gathered in the auditorium for the cultural activities to begin. Firstly, the importance of the festival of Dussehra was conveyed which was then followed by a fun-filled, color-coordinated ramp walk of all students and faculty. It was a truly very enjoyable experience. The floor was then taken over by students who prepared a traditional dance performance for the event. The performance was very entertaining. Shortly after this, the stage was open to the entire crowd to dance their hearts out! Upbeat and high energy music was being played as all the Montfortians showcased their amazing dancing skills. It was truly a beautiful moment as teachers and students danced together and the energy was sky-high!

Prizes were distributed for the Best Costume- Male and Female and the Best Dance- Male and Female.

The dances continued and as the last song played people ensured to end it with a bang. It was a beautiful day and will forever be etched in the minds of every Montfortian.



## HALLOWEEN

The idea of dressing up for Halloween was fun in itself let alone having so many activities planned for that spooky evening. We couldn't contain our excitement throughout the day. We got to see everybody dressed up in Halloween costumes and creative, scary face paintings. Also, it was a change from our usual daily wear.

Halloween is a fun festival celebrated all over the world and we Montfortians weren't going to be deprived of it. It was a chance for us to showcase the fashion statements that we had planned every time we watched a horror movie or our favorite movie for that matter.

After the classes, photo sessions were in full swing, each shutter with dramatic poses which was supposed to be scary. Then we all piled

up in the lawn, eager to know the activities planned by our seniors. Firstly, we were told to group ourselves for the game. A representative was selected from each group to select a number and scenes were allotted to the respective teams which they should enact and then other groups should guess it correctly. As the game continued, it was fun to see a zombie version of Avengers, Scary classroom with an



**KHAIRUN  
FATHIMA**

impromptu scene that made the team win. Then we had a fashion show to showcase the different costumes which included Disney characters - Moana, Snow White, Mickey Mouse to name a few. There were Witches, The corpse bride, Jasmine, "Life", Virus, Grumpy grandpa. The Boo was given to "Rachel" from 1st M.sc Counseling Psychology who dressed up as "Moana" and was true to the character

with her beautiful Curly hair and sharp features. The Ghoul was given to “Johnny” from 2nd Msc Psychology who came as Virus aka Grumpy grandpa who lived up to the character.

We all headed home with a bunch of spooky memories to be remembered for years to come.



## KANNADA RAJYOTSAVA

RASHMI R SHARMA

On the 12<sup>th</sup> of November, the college lawn became a place of celebration. The day dedicated to the commemoration of “Karnataka Rajyotsava” was filled with different colors including iconic red and yellow. Deepak, who emceed the event, increased the spirit of the crowd through his energy.

The program, as per tradition, was started with a beautiful invocation song by Kavya from first-year M.Sc Psychology. Following this Brother, Matthew addressed the gathered crowd with the keynote speech on the importance of the day. The informative speech on Karnataka State, Kannada language, literature was inspirational. Brother Mathew concluded his speech by urging everyone to enjoy and show respect to the culture and language of the state, along with providing inspiration to learn the language.

Welcome speech that followed was given by Kavya and Samarchitha touched various aspects including the historical commemoration of the day, its importance. The importance of land, language, literature, temples, heritage, the importance of the flag, and it's color were some of



the other facts that were mentioned. The group song was the next event which was followed by a traditional dance performance by Harshita (1 M.Sc Psychology).

Experience of those who are not native to the language was a necessary part of the event. Speech from Divya V, student of second-year M.Sc Psychology, highlighted the thoughts and experiences of a non-kannadiga in this State. Various activities such as interpretation of song, translations, and so on elevated the mood of the program.

## KAIROS'19



On 11th Nov 2019, 70 students chose to spend the day at Sampurna Montfort College, in pursuit of their moment of Kairos. For on that auspicious day, were planned many opportunities for them to showcase their talents and make an impact on their world.

These participants were student representatives from St. Aloysius College, Bishop Cottons College, Christ University (Bannerghatta), CMR University, IIPR, and

Sampurna Montfort College.

The 2019 intercollegiate fest was inaugurated by a member of our alumni Ashwini N.V. who shared her thoughts on the meaning of Kairos & how we as psychologists and counselors can apply it in our daily lives. After her captivating speech, she wished the participants all the best in their pursuit of that "auspicious moment for decision or action".

There were opportunities galore, for participants to express themselves. From

singing about "One life; live it to the fullest", to showcasing "Motivational Styles" through dance. From capturing "Precious moments" in a single shot to showcasing a sequence of frames that captured the "Connections" between them, through film. While some choose to paint "Little things matter" on a poster, other artists choose to paint the "Joy of living" on the face of a fellow human. There were those who chose to express their personal



viewpoints on “Social Facilitation” in a group setting. A brave few chose to share their thoughts on the “Fleeting Present”, individually, at the open mic. It was all kick-started by participants who chose to convey their take on “Mindfulness” through the medium of theatre.



Student entertainers from Sampurna Montfort captivated the audiences between events. The college decorations team had ensured that the campus was festooned to ignite the imagination and fill the air with festivity and joy. The enthusiasm of the participants was infectious and the whole building was abuzz with their creative energy.

Judges Sachin Mundakkal, Shalini Maria Jose, Eric Gerald, Navya NT, Roshni Fernandes, Apeksha M, and Darshana Patowali graced us with their

presence and had their grey cells on fire deciding who the winners would be.

A variety of food stalls were on hand to help the artists and the audience refuel. Pani puri, dabeli, brownies, mini doughnuts, and 99 varieties of dosa satiated hungry tummies.



The Valedictory function brought the event to a close. Christ College was announced as the winner and IIPR was announced as the runner up of the fest. Participants shared that in addition to thoroughly enjoying themselves at the competition, they experienced and appreciated the warm hospitality of our volunteers & the college. The participants were thanked for making the event a huge success and invited to come back again next year.





## **BALA MELA 2019**

Enthusiasm filled the college corridors in the weeks leading up to the event. The students spent hours in meticulous planning and preparation. Funds were raised, Invitations were sent, gift bags prepared, games organized, food menus finalized and artistically hand-crafted decorations began to make appearances in increasing numbers. The anticipation grew, as the date drew near and more sponsors chipped in. No stone was left unturned to turn Montfort College into a Heaven for children.

Finally, on the bright and sunny morning of the 24<sup>th</sup> of November 2019, we opened the college gates and our hearts to welcome 460 eager, excited, and enthusiastic children from various Children's Homes across Bangalore. The children were greeted with glee by their kid buddies and led to the breakfast table. After a meal of idli- vada, sambar and chutney, the children were registered and then all headed to the inauguration ceremony

The Inauguration ceremony was graced by dignitaries - Chief guest: K. Eshwar Prasad (Rtd IPS officer), Mr. Kumaraswamy Manjappa (FAI), Bro. Jenny Kuriakose (Director and Principal, Lake Montfort School) and Bro. Dhanaraj (National secretary, Montfort brothers in India). Brother Matthew Pannathanath, and Bro Sebastian accompanied our guests on the stage. Chief guest: K. Eshwar Prasad shared that five "I"s were essential to success: Interest, Intelligence, Industry, Involvement, Innovation. Students of Montfort compared the event and performed for the ceremony.

Post refreshments of biscuits and juice and chocolate, the children were ready to attack the games and activity stalls. And what fun was in store for them! For every age group, there were well planned, captivating, and super fun activities. The little ones aged 6 and younger screamed with glee as they played Passing the hula hoops, did Action songs, watched Mini videos, did some Wall painting & Enaction. The "Tweens" aged 7-12 were engrossed in Origami and Complete/continue the story; Human Knot, Fill-bottles-with-water-balloons, and Pin-the-tail-on-the-donkey had them all laughing-out-loud. Blindfolded Pictionary, Newspaper investigation, Balloon tower, Three-person charades, Drawing and Tug-of-war kept our teen guests, aged Age 13-17 on their toes with amusement and energy.

The Children scampered happily from one activity to the next, tagging their 'kid buddies' along. Meeting JoJo the Clown as he made rounds of the hallways was an unexpected treat, that had the children squealing with delight. The atmosphere radiated happiness and contentment.

Next was the event that many children had been waiting for. A stage on which to display their talent. Our young guests enthralled us with their groovy moves, stole our hearts with



**SHIRLEY CARVALHO,**

# ELIXIR 2019 - 2020

their melodious voices, and had us in stitches with their hilarious mimicry. The volunteers from Montfort and FAI entertained the children with songs and dance as well.

All good things come to an end, and Bala Mela 2019 was brought to a close by The senior manager from FAI - Giridhar Rajagopal (country manager), Mr. Sandeep Narayanan (HR head for the country), Mr. Naveen Muthumanikkam (General manager, IFSC) graced the Valedictory Event.

With warm hugs and cries of “see you next year” each child was given a goody bag and seen off to the buses that would take them back home.

This outreach program that aims to empower children and encourage them to become responsible and productive citizens of our nation was only possible because of the generosity and kindness of our sponsors. Organizations that supported us were FAI, Lake Montfort school, Indian Oil Corporation, Cafe Azzure, and Sharon Tea stall. Numerous anonymous well-wishers, students, and alumni also helped support this event.

The Student Volunteers are in debt to the 80 Volunteers from FAI and a few alumni who lent them a helping hand.

We were honored to have hosted children from Adarane Charitable Trust, Helping Hands, New Hope, Carmel School, RTC girls' home, Ashadeep girls' home, APSA school, Planet Hope, Nava Jeevan, and Amrutha Shishu Nivasa and we cannot wait to meet them all again in 2020!



## UTHAROTHSAVA FEST: BNU FEST

Bangalore North University in association with Kristu Jayanti College Bangalore conducted Utharothsava an intercollegiate cultural competition. This competition was a two-day event (20<sup>th</sup> and 21<sup>st</sup> of November 2019) featuring many exciting events in the fields of music, dance, theatre and fine arts. The participants had the chance of representing BNU at the inter university South Zone Youth festival. The main aim of this cultural competition was to highlight and promote cultural arts.

Montfort college had participated in this competition on both days in a number of events such as rangoli, mime, painting, classical dance, classical vocal, photography, general knowledge quiz and debate. The hard work and rigorous practice by the talented students of Montfort college led them to bag a number of prizes in an array of categories which include light vocal, classical dance solo, western vocal solo, rangoli, debate, mime and photography.

Anjani Kakkar of Montfort College was selected to represent BNU in the South Zone Youth Festival in the Indian Light Vocals category. We are extremely proud of our Montfort students for their outstanding performance and achievements.

**The list of the winners from Montfort college are as follows:**

- First Place- Indian Light Vocals (Anjani Kakkar)
- Second Place- Indian Classical Solo (Shreya P Deuri)
- Second Place- Rangoli (Ranjitha Kumari)
- Second Place- Debate (Sahiti Gavarikar and Afifa Kauser)
- Third Place - Mime (Arhika, Isabel, Megha, Pristina, Sibin and Tesline)
- Third Place- Photography (Dikshika Jain)



**TARIKA EKNATH KANNAN,  
2<sup>ND</sup> YEAR PSYCHOLOGY**

## OATH TAKING CEREMONY



**TARIKA EKNATH KANNAN,  
2<sup>ND</sup> YEAR PSYCHOLOGY**

*Sampurna Montfort College was happy to extend a warm welcome to Bro. Victor Das the new principal of Montfort college. The ceremony was a formal one that commenced with the lighting of the lamp. There were several dignitaries present for the event. Rev. Bro. George gave the keynote address for the event. It was a proud moment to see Bro. Victor who exuberates warmth and understanding, takes an oath to become the principal of Montfort college.*

*The Sampurna Institute of Advanced Studies (SIAS), earlier this year, welcomed Mathew Panathanath, a symbol of kindness and respect as their new principal. We are glad to welcome both these reputed individuals into the Montfort and SIAS family.*



**SHRADDHA MONI KALITA,  
1<sup>ST</sup> MSc. PSYCHOLOGY**

## Report for **CANDLE LIGHT VIGIL** Held in Solidarity with the Students of JNU



On the 5<sup>th</sup> of January, the country was taken by shock and fear when students studying peacefully in the libraries of Jawaharlal Nehru University were attacked in the light of the anti-CAA protests that were rocking the length and breadth of our country.

The injustice done to the students resonated across the country and protests started afresh. Here, in Sampurna Montfort College, the students and the staff deeply empathized with the wrong being done and with the help of the Principal, Br. Victor Dass, a candlelight vigil was held within the college premises on the 9<sup>th</sup> of January, 2020 to express the solidarity of the Montfortians with the students

of JNU and all students universally who had unjustly come under police brutality during the time of the anti-CAA protests.

The vigil saw Montfortians come together and protest peacefully for their counterparts across the country. The gathering was addressed by Br. Victor who spoke not only against the wrong being done but also about the importance of an exercise such as the vigil in strengthening our voices against injustice and brutality. The vigil also saw various students speak out their hearts through songs, raps and interactions with the crowd. The vigil was therefore also an exercise in asserting

democracy and our right to freedom of expression.

The vigil was a very cathartic experience for most, given the personal involvement of so many Montfortians in the movement; it was therefore a display of solidarity on many levels, first with the students of JNU, next with all students universally being affected by the injustice of police brutality and for the Montfortians themselves who found emotional release and support with their Montfort family. The vigil came to an end with the Montfortians singing Tagore's famous lines which were now more apt than they ever were: "Into that heaven of freedom, my Father, let my country awake."

# A DECEMBER DEBUT



SHIRLEY CARVALHO,

Come winter and Choral groups from all over the country head to Christ (Deemed to be) University, Bangalore, to treat audiences to their vocal prowess and unique musical arrangements at “Magnificat” - one of the biggest, most anticipated Christmas Carol Concerts of the year.

The Montfort Music Club Choir is proud to announce that we debuted at Magnificat 2019, held on 8<sup>th</sup> December. Montfort College and Sampurna Institute of Advanced Studies were represented by (in alphabetical order) Abigail Venkat, Akshata Jane Jesudasan, Diya Mahesh, Jovita Grace Philip, Louella Rogers, Melissa George, Monisha Thirunavukkarasu, Natalia Rodrigues, Pristina Rosalyn, Shirley Carvalho, and Shruthi Chacko: students of 1<sup>st</sup> year MSc. Psychology, 1<sup>st</sup> year MSc. Counseling Psychology and 2<sup>nd</sup> year MSc. Counseling Psychology.

The choir was accompanied by members of Paulton Studios on keys, bass guitar, and drums and conducted by Vinitha Vincent from 2<sup>nd</sup> year MSc. Counseling Psychology.

The Montfort Music Club Choir is very grateful for the support that was extended to us by our principals, professors, fellow students, and friends that helped us achieve this milestone. A special thanks to Bro. Matthew Pannathanath & Bro. Sebastian, family members, and friends who braved Koramangala-flavoured-Bangalore-Traffic to come to watch us perform.

As the event was live-streamed on YouTube, our friends and family from all over the globe were delighted to have been able to watch the event and be with us, as it took place.

If you missed it, here’s the link to the musical treat! <https://youtu.be/ZDUgoB2egB4>

Contact a choir member for the time stamp of our performance.



## CHRISTMAS CELEBRATION



JOHN LAVANYA



*The Annual Christmas celebration of Sampurna Montfort College and Sampurna Institute of Advanced Studies was held on 19<sup>th</sup> December 2019. It was a joyous event that was held on the college lawn. The dignitaries present were Brother Mathew Panathanath, Brother Victor, Brother Augustine, and Brother Sebastian. Students turned up dressed in bright red, green, and white!*

*The audience was divided into 4 teams and many fun activities were conducted such as Guess the song, Christmas themed Pictionary, Guess the carol, and Christmas Quiz. Ashish Mathew from the second psychology SMC along with Monisha Thiru from first psychology SMC were amazing MCs for the day. We also had a Santa Claus (John from second psychological counseling SMC) who came in showering chocolates to all the students. There were a few singing performances by the first year SMC students. The audience truly had a jolly good time at the event. One of the activities was that each team was asked if they had one wish for Christmas that they wanted what would it be, for this the teams gave beautiful responses such as political harmony in the country, no human should go to sleep hungry and so on. Brother Victor was the judge for this activity and he was very touched by the responses. The Christmas message for the day was also delivered by Bro Victor. The decoration with the big Christmas tree and crib inside it made the venue filled with the vibes of Christmas!*

## REPORT ON COMMENCEMENT OF CLASSES FOR 2<sup>ND</sup> AND 4<sup>TH</sup> SEMESTER STUDENTS

On the 1<sup>st</sup> of March, 2020 Sampurna Montfort College re-opened for the commencement of classes for 2<sup>nd</sup> and 4<sup>th</sup> semester students of MSc. Psychology and MSc. Counseling Psychology. The term began with a commencement ceremony where the students and staff were addressed by the Principal Br. Victor Dass. This was followed by various announcements regarding upcoming events such as the sports week and NSS camp by members of the student body and the staff. Six new lecturers that had joined the Montfort Family this semester were also introduced, their names are as follows: Aarathy Lakshmi, Annet Shaju, Rinki Jaiswal, Aishwarya Iyer and Ashwini K. The event concluded with ceremonial roses being handed out to the new staff as a welcome gesture and students joining their respective classes for this semester.



SHRADDHA MONI KALITA

## NATIONAL CONFERENCE 2020

*Sampurna Montfort College hosted a Two-day National Conference on Mental Health and Technology in a Changing World on the 6<sup>th</sup>-7<sup>th</sup> of March 2020*



SHIRLEY CARVALHO;

### INAUGURATION

Chief Guests, Prof. T.D. Kemparaju, VC, BNU & Dr. H.S. Ashok Rtd. Chairperson Dept, Psychology, BU; Guest of Honour - Dr. Anil Joseph Pinto, Registrar, Christ Deemed to be University, Rev. Bro. Dr. George P.J. Provincial Superior, Bangalore Province of Montfort Brothers & Bro. Dhana Raj, National Secretary of Montfort Brothers, India graced the Inaugural ceremony with their presence. Bro. Victor Raj then welcomed the gathering. Prof. T.D. Kemparaju & Dr. H.S. Ashok shared their views on the impact that technology has made to mankind and to their own lives. And stressed the importance of health care providers upskilling themselves to deal with the rising challenges related to increased use of technology. Guest of Honour: Dr. Anil Joseph Pinto, in his address urged participants to engage with other disciplines in order to fully examine the impact of technology on humans. He shared that there was a great need for enhancing the engagement of those at the grass-root level, with scientific literature by making findings available in local languages. Next, the E-Book of Abstracts was released by Rev. Bro. Dr. George P.J. Provincial Superior, Bangalore Province of Montfort Brothers. Student performers from Montfort College and SIAS enthralled the audience with performances in Bharatanatyam and Odissi.

## KEYNOTE ADDRESS 1

Post a sumptuous tea break, the guests were treated to the first keynote address of the conference. Dr. Manoj Kumar Sharma, Professor, NIMHANS, Bangalore shared how Technology Use is an Expression of Maslow's Needs Theory. Dr. Manoj, runs the pioneering "Service for Healthy Use of Technology (SHUT) Clinic, at the NIMHANS Centre for Wellbeing in BTM Layout. He shared the terminology associated with symptoms related to ill-use of technology that he and his team are increasingly observing; and some of which, like NOMOphobia, that they were prone to themselves. He stressed repeatedly on the importance of increasing Cyber Literacy. He left the audience smiling as they followed along with his demonstration of simple exercises that one could do to break away from technology.

## POSTER PRESENTATIONS

Six research scholars presented posters that captured findings post examination of the impact of social media on the conflict between Real and Ideal Self, Overgrazing, Call Out culture, attitude towards explicit content as well as the manner in which Memes and Soap Operas impacted coping mechanisms.

## WORKSHOP - SKILLS IN TECHNOLOGY-ASSISTED COUNSELLING

A team from the Alternative Story, Bangalore consisting of Founder Paras Sharma, Director Rashi Vidyasagar & their Associate Ahla Matra walked the audience through different types of online counseling options available – Telephone, Video, Chat, and Email. They explained the requirements needed for each. And shared skills & best practices that were useful in each of these modes of counseling as well as some lessons learned.

## ORAL PAPER PRESENTATIONS

Dr. Radhika, Dr. Sudhamayi, and Dr. Swati moderated fourteen Oral Presentations by various research scholars who shared findings post their study on the impact of Internet, social media & gaming addictions; on Psychological well being, Decision making, self-liking, Social support, and Real-World Dissociation. Some researchers shared their findings on the impact of dating apps on various psychological parameters, others discussed how Mental Illness is portrayed on social media and the implications of the same.

## WORKSHOP – DIGITALLY YOURS: ETHICS IN THE ONLINE SPACE

Advances in Technology are harbingers of a need for advances in Ethics. And how does one adapt? It begins with discussions & increasing one's own awareness. How much do we know about our online presence as individuals as well as mental Health care providers? What kinds of online interactions with clients require the setting of boundaries?

Dr. Ananya Sinha, Asst. Professor, Christ University & Dr. Poornima Bhola, Professor, NIMHANS, Bangalore got the audience interacting in groups on topics related to how new technology created scope for revisiting our ethical compass and learn how to find new ways of using it as we navigate the new waters when the personal and professional lives of clients & ourselves are touched by technology.





## KEYNOTE ADDRESS 2

Ashwini N.V., Founder-Director Muktha Foundation, Bangalore delivered the second Keynote Address of the conference entitled Technology and Interpersonal Abuse. The audience was enlightened on how cyberbullying differs from bullying in real life, the various kinds of cyberbullies, and the categories of risk to be considered. In addition to the wide vocabulary associated with this form of abuse, the cycle of bullying and prevention strategies were discussed.

## VALEDICTORY

We were honored to have Dr. Suryarekha Rtd. Principal Montfort college and Dr. Srinivasa, Chairman, Dept of Psychology, Bangalore university at the Valedictory function. They then shared a few words on how the audience had been equipped better than when they arrived to face the challenge that technology places on the human psyche. Post the Vote of Thanks by Prof Neha Parashar, Certificates were distributed.

Kakuzō Okakura in The Book of Tea said “The art of life lies in a constant readjustment to our surroundings.” The participants of the National Conference took back with them ideas about how they themselves could readjust to life with technology in it. They also had plenty of food for thought on key areas of concern related to technology-related addictions & other psychological concerns as well some ideas on what could be done to address them.

# OLYMPIA 20'



**SHRADDHA MONI  
KALITA**

Sampurna Montfort College held its annual sports week from 9<sup>th</sup> to 13<sup>th</sup> of March 2020. It is an event that brings together all Montfortians in the midst of a busy academic schedule.

The sports week started off with an inauguration ceremony where the four teams: Blue Panthers, Red Bulls, Mighty Yellows, and Green Groovers introduced themselves with their own anthems which the team had composed.

Day 1 witnessed the participation of students in volleyball, carom, water glass race, and table tennis singles. Day 2, the 10<sup>th</sup> of March saw Montfortians celebrate Women's day where each team had a special women's day message for the audience. Day 2 saw events such as throwball, dodgeball, cards, Queen of Sheena, table tennis doubles, badminton doubles, and basketball.

Day 3, the 11<sup>th</sup> of March witnessed participation in cricket, carrom doubles, and badminton singles. Day 4, the 12<sup>th</sup> of March held the events table footer, chess, table tennis balls in the basket, volleyball, and basketball finals.

Day 4, the 13<sup>th</sup> of March was reserved for the most engaging games among the Montfortians. It was a day that truly let the child out in every



Montfortian and professor alike. Events held included football, hula la, rangoli making, collage making, rabbit, tiger and man, chair game, lemon relay, wealth out of waste, balloon paper glass pyramid, filling water relay race, shot put, potato relay, memory check, blasting balloons, eating the biscuits, dog and the bone, cycle race, lighting the candles, tug of war and treasure hunt.

This week of fun was essential in building camaraderie and team spirit amongst the Montfortians. Sarath Krishna of 1<sup>st</sup> MSc Psychology says, "playing here has made us realize we all have the best teams ever because here we learn to work together and we're all growing together." The sports week was officially declared closed on the 13<sup>th</sup> of March 2020 with the valedictory speech and distribution of prizes.

### The four teams stood at the following places in Sports week 2020:

- First: **Red Bulls**
- Second: **Green Groovers**
- Third: **Mighty Yellows**
- Fourth: **Blue Panthers**

## INTERNATIONAL WOMEN'S DAY 2020

*It was the second day of Olympia'20 (Sports week) and the celebration of Women's day in our college. The crowd was bustling with excitement as they were sitting in four colors with their teams all set to give their women's day performances. There were two chief guests for the day it was Ms. Cynthia*

*Stephen and Dr. Christine Bhat. Ms. Cynthia gave an inspiring and thought-provoking speech about Equality, she even spoke about the International Women's Day Campaign theme – EACH FOR EQUAL. Later there was a round of Q & A when our students asked her several questions about the current level of gender equality in our country. After this Dr. Christine Bhat who is a professor from Ohio University spoke about the opportunities for our students to pursue further education at Ohio University and various ways we students can approach this. It indeed got our students thinking of the many avenues open for them. The other dignitaries present at the event were Bro Victor, Bro Mathew Panathanath, Bro Dhanraj and Bro Sebastian. All faculty and students were present.*

*After the first part of the event was over and the dignitaries left the event, there was a productive interaction with the Core Committee of Sports week and the four teams regarding their concerns. Later on, the performances of each team took place.*

*The Red Bulls gave a powerful message holding handmade placards by their members about equality. Next, the Blue Panthers gave a phenomenal performance about what it is to be a woman and ended by performing the poem "Phenomenal Woman" by Maya Angelou which one of their members Anand from SIAS composed into a song. After this, the Mighty Yellows gave a roaring performance where they performed a song and also delivered their message for Women's day. Finally, the Green Grovers performed a thought-provoking play that showcased the hard reality of how menstruation makes life very hard for women and how in India the lack of awareness of menstrual hygiene is causing a lot of trouble overall, the actors did an incredible job showing the troubles of this issue. Altogether the performances were all wonderful in their own right and they were all winners that day as they all delivered the message of women's day beautifully.*

*It was a great gathering with incredible speeches, plays, songs, poems, and exchanging of noble ideas. It was a very successful event that made everyone think a little more about equality.*



**JOHN  
LAVANYA**



## **ACTIVITY DURING LOCKDOWN**



**MR. THOMAS ABRAHAM,  
FCC COUNSELLOR**

Sampurna Montfort College Family Counselling Centre organized distribution of essential provisions to people in the lower economic status/daily wage workers. Mr. Thomas Abraham, FCC Counsellor conducted this program with the help of Mr. Sajeev, Mr. Satheesh, and Mr. Sabu who sponsored 25 kits to these needy people.

The kit included the following items:

Rice – 10 kilograms

Raagi flour – 5 kilograms

Rava – 1 kilogram

Dal – 1 kilogram

Green gram – ½ kilogram

Cooking oil – ½ liter

Salt, coriander powder, chilly powder, turmeric powder – 1 packet each

Soap (toilet soap and detergent soap) – 1 each

Onion and potato – 1 kilogram each

Masks and sanitary napkins.

Mr. Thomas Abraham also spoke on the following:

Benefits of practicing social distancing, hand washing techniques, hygiene, stay home stay safe, wearing mask when stepping out

Mental health issues arising out of lockdown and coping mechanism

Role of parents in managing the children during lockdown

The beneficiaries were also very happy seeing their children doing a group activity. The spirits of people gathered were cheered up and they all thanked FCC and the sponsors. The organizers were also glad watching the smiles on their faces.

# INTERNATIONAL YOGA DAY



MR. THOMAS ABRAHAM,  
FCC COUNSELLOR



International Yoga Day 2020 was celebrated at Sampurna Montfort College Family Counselling Centre at its campus on 21<sup>st</sup> June 2020 from 7:30 am to 8:30 am. Ms. Christina, a volunteer, led the group in the session. About 10 youth from the neighbourhood took part in the program. Br. Mathew Panathanath, Secretary of Montfort College Society and Director of

Montfort College and Br. Victor Dass, Principal of the college also participated in the event. Br. Victor Dass spoke on the theme of the year “Yoga for Health – Yoga at Home”, set by the United Nations, to address the gathering. He observed that the year of 2020 has been unprecedented for more than one reason. Right from the start of the decade, with the Covid-19 outbreak, fire

outbreaks, airplane crashes, locust swarms and cyclones, the last six months have been tough. The pandemic has shown us the importance of immunity and healthy living. Yoga is something that brings these qualities together. The spirits of people gathered were cheered up and they all thanked FCC in organizing this event.



**AISHWARYA IYER**

## *AN EXASPERATED GOOD-BYE TO THE SEMESTER OF PANDEMIC*

Teaching, as a profession, is a long lesson in being comfortable with not knowing. More than ever, this lesson has come to the forefront; and there's a lot of not knowing associated with online teaching. To begin teaching semester at campus, surrounded by the ever-growing bustle of young minds, and to have it end within my own room with only a laptop screen and a growing to-do list for company: is a challenge to say the least. My first taste of facilitating online learning would have been a cumbersome task anywhere in the world, but I am glad to have been through it at Sampurna Montfort College.

That sense of discomfort one is hit by due to an unexpected (but an intelligent) question in class, is why I chose teaching as a profession. Questions about my masochism aside, discomfort is but a gentle descriptor of this semester. From students to teaching & administrative faculty to parents – all of us were quite out of our comfort spaces. We were launched into unmarked territory of having to navigate higher education all on our own, pick up last-minute skills of technological advancement, convey deep-seated anxieties through 400-words only chat-boxes and defended ourselves against the doom of death with only a thin cotton mask. Discomfort, doesn't cut it.

But to say that we still made it, would be simple praise. As a teacher, I was comforted by cat GIFs and laughing emojis in the chat boxes of daily video lessons. We were connected through WhatsApp texts, Google Classroom notifications, Audio recordings, muffled static of 'Connecting Audio..' and 3AM emails. Mental Health professionals, trained and trainees alike, poured out their help on the internet like Jaya Bacchan from K3G. As if we always knew what was coming, as if we had the thali of mental health first aid all ready in our hands. Even in this all-optimistic tirade, it is imperative to acknowledge what a trudge this semester was. A walk through Dunkirk would have been easier. But when the world's falling apart at its metaphorical seams, all we can do is celebrate the small victories. The ticking of boxes on a to-do list, the final submissions (teachers have them too, you know), a thank-you note in some WhatsApp chat box and the ever-ongoing end of a semester.

All things considered, I think we did alright. Don't you?

## *Jumana*

I had a really wonderful time in the council. The energy in the council was nothing less than uplifting and zealous.

Each and every member was taken seriously. there was absolutely no power dynamics based on designation, which is pretty common in all councils.

Me being just a class rep didn't feel like I was "just a class rep".

We did so many wonderful things together. The only sadness is that we didn't get the second half of our year to do more amazing things.

What saddens me more is that we weren't never able to meet outside of work and responsibilities.

However, I will forever cherish the work and laughter.



It was an inciting experience from which I learned how to organize, coordinate, and conduct events. It polished my leadership qualities and ability to work with people from different ideologies. My experience being a part of Bala Mela is something that I will cherish forever.



*Muthukumar M*

## *Student Council Experiences*

## *Ashish*



"I decided to be a part of the student council because I've always loved working with people. It always seemed to energize me and I've always found it fun to work in a group. I've never really been in leadership roles but always thought I had the ability to, and that's why I stood for the post of president. Though things got tough during the course of the year, it was good to have something to do out of academics. There were ups and downs for us individually and as a team, but in the end, I feel I couldn't have asked for a better group of friends to be with. I'm very thankful to the team. After all, what matters most is the people who you're with and the relationships you've built along the way."

After a year, I am happy that I am part of the student council. It was a challenging and joyful, roller coaster ride. This opportunity helped me socialize, and in the process I made friends and some of whom have turned family. Down the lane, this shall be one of the most memorable experiences as it involved a lot of people and a lot of emotions; for which I am grateful for



*Sanjushree*

To be a Montfortian is a wonderful feeling, additionally having taken up the responsibility as a member of Student Council 2019-2020 was an incredible journey. Be it small events like dandiya or huge events like Bala Mela and Sports week, organizing it was a memorable experience with a lot of cherishing moments. The support of fellow council members and core committee members made every event delightful to be part of. Every day was new learning and every member has taught valuable lessons. I thank the student community for giving me this extraordinary opportunity.



*Pavithra*

## *Student Council Experiences*

Being a part of the student council was one rollercoaster of a journey that I shall never forget. Juggling college work and managing the responsibilities of the student council was no easy task. But all in all, it was a fun journey filled with hard work, madness and lots of multitasking.

I loved how each member got their shot in the spotlight. I felt as though we were all mini-celebrities in college where everyone knew who we were. Basking in the limelight is something I shall miss.

My fondest memory would be of us sitting near the lawn after sports day, so excitedly discussing what all had happened that day and planning the next day's events. And all the passionate arguing and discussing, you know what I might even miss that!

In spite of us being so different in our thinking and so diverse in opinion, we still managed to make it work. And that's something I shall always be fascinated by.

This truly shows the strength of the people on this council who managed to settle differences and work together in unity. I am so glad to have interacted with each and every one of you.

*Tarika*





## *Raag Malhotra*

4<sup>th</sup> sem MSCP

Being part of the council has been a great experience. The bond and warmth among the members of the council during any event made every day a very memorable one.

I learned a lot about how to work in a group and understand the college requirement. Hence I will remember being a part of the council throughout my life.

PS I will miss council meetings.



It was an adventure like any other. It had its own ups and downs that came with their own learnings. I had fun working with people with different ideologies. Despite all that we were able to come together and give back to the students and college we call our home. I am glad I got an opportunity to contribute and do my bit as a Montfortian. It was a wonderful experience.

*Kanica*



It was sudden that I thought I would be standing as a class representative for my (SIAS) class; it would not have happened had it not been for my wonderful classmates who encouraged me. Surprisingly I won, in the beginning, it all seemed roses and pretty. Not that I overlooked the duties and responsibilities that came along with the designation, I was just overjoyed. Montfort finally taught me to stand up for something I never imagined doing in my wildest dreams. And over that, winning made it even better. At first, I thought I could handle all the duties I was asked to do. Initially, it was not much work. But, as time passed by, I noticed academics, my projects, and presentations were lined up and I felt somewhere along the road I missed out on something I promised my classmates I would do. Somehow, every person in the council helped me in one way or the other to get back on track and even supported and encouraged me, which made me feel a lot better. All this wouldn't have happened if it was not for them; though it all began with differences it ended with Laughter and not to forget tears too. I made memories. Being a part of the student council I learned to work with different people, my patience grew and also learned to overlook and see things from other people's perspectives as well. I loved every bit of the council. In, away it taught me to be a better version of myself but all this wouldn't have happened without the professors that helped us make it through. This was truly an unforgettable experience.



*Cindy*

## *John*

“Council was pretty stressful for me as I was the only one from my class in the second year. The pressure from all sides was a lot. Anyway, I learned many important life lessons in the process and I’m grateful for that! :)”



## *Shraddha Chauhan*

It was great to be a part of the Student council, such an enthusiastic group where everyone is willing to put their efforts endlessly. It was a great pleasure working with you all.



## *Vinitha Joseph*

My experience as an event secretary was filled with awe and absolute determination because of students with the utmost desire to perform and entertain. I stood in awe and therefore was determined to showcase such talents in every event possible. I was honored to work with different talented people.

# PHOTOGRAPHY CLUB

**SAKSHI CHAGANTI, 2<sup>ND</sup>-YEAR COUNSELING PSYCHOLOGY**



A lot of events happen at Montfort that bring a smile to all our faces. We at the Photography club make sure these smiles, along with a plethora of other emotions, don't go unnoticed or uncaptured. From the proud faces during the Investiture ceremony, to the nostalgic smiles from bidding goodbye to children from children's day, I think we've seen it all through our lenses. Here's to capturing Montfort's emotions and making them into stories we can all remember.

## SPOKEN WORTH (POETRY CLUB)

*"Poetry is when an emotion has found its thought and the thought has found words."*

- Robert Frost



**SIDHANTH ASHOK AND SAKINA S SARAIYA (2<sup>ND</sup> MSc. PSYCHOLOGY)**

The poetry club "Spoken Worth" successfully conducted 5 meetings over the academic year, including one during the unpredicted lockdown and has thus, succeeded in serving the role of an alma mater of sorts within the confines of one's home environment. What initially started as an idea during the brief recess of a class between 2 students, Sakina and Sidhanth and their professor, Mrs. Neha Parasher, eventually led to the development of a safe haven via Spoken Worth. Spoken Word poetry as an art form, has held its own as an instrument of not only voicing out one's personal stories but to also channel change through relatability, much like the dominoes effect. Dwelling back on the 4 meetings that were conducted, the numerical turnout of students who attended the meetings was applaudable, but that was only the base, the cream lay in the participation of the students, and the cherry on the top is the authenticity of the pieces shared, be it in the form of an excerpt of a published artist's work or a product of one's own pen game. Each and every single meeting was pulled off with aplomb with little to no delay from both, the members as well as the organizing team. At the end of every meeting, the members developed bonds that grew stronger whilst they shared their thoughts and feelings through poetry.

## MUSIC CLUB

**VINITHA JOSEPH, 2<sup>ND</sup>-YEAR MLCU SIAS**

It was indeed an awesome surprise to all of us for having performed in Christ auditorium representing Montfort College as a Choir. Since the choir's inception, Magnificat was our first performance as a choir, we are grateful to Aashika from PGD Sias for working hard on getting a slot for us to perform in Christ College. There were several other events we had participated over the years. The experience was inexplicable with students of different ages, backgrounds, etc, what brought us together was Harmony. We are grateful to Bro. Matthew and Bro. Sebastian for their consistent support and guidance by being an amazing spectator for all our events.

The Music Club is filled with joy and perfect harmony. We sing in groups of two and more for several events conducted in Montfort College.

## RESEARCH CLUB

*Lehar*



Research club came together and brainstormed to develop research incubators. It was like floods of perception flowing. Even though we didn't had much time but research club was a no place for judgment and ultimatum but freedom to express, explore and work together in differences and in similarities

## SOCIAL MEDIA TEAM REPORT



*Maria Senora*

A huge thank you to all the team members who've been with us since day one, we will always be grateful to the efforts you have shown. We felt truly blessed to have such a dynamic team. We can't wait to see the media club killing it with even better work in the future- Cheers!



*Anjali Paul, Secretary and Soorya, President.*

This year the social media team began with elections. A president and secretary had to be elected. For this eligible candidates could nominate themselves or be nominated by other people part of the social media team. After which voting was done and Soorya.O from 2nd Psychology was elected as President and Anjali. P from 1<sup>st</sup> Counseling psychology was elected as secretary. Following this the rest of the team members took up various jobs such as John and Sarath taking care of the live streaming during events, Soorya, Pavitra, Dikshika and Anjali posting on social media pages, Maria and Archita handling the content writing which included writing captions for our posts on Instagram and Facebook, handling our stories during an event, Sanjana, Aditi and Maria promptly responding to messages and comments as and when they

come in. Junaid and Pavitra were assigned to send a set of pictures to the ones in-charge of posting on social media right after an event was done. Following which captions were written for these posts by one of the caption writers. Prof. Dr. Radhika K and Br. Sebastian Proof read the material that was posted on our Social media pages and were in charge of the team for 2019-2020. Regular meetings were called to pitch in new ideas and check on the general functioning of the Social Media Pages.

The team also started posting content on a daily basis as Instagram stories, where in specific days were assigned for specific content. On Mondays inspiring quotes were posted, on Tuesdays, polls regarding topics related to Psychology were conducted, on Wednesdays and Fridays "Ask us anything" was put out and on Thursdays Mental health facts were put up; this helped in making the page very interactive.

On the sidelines, message enquiries about college, events, exams, and so on were also addressed by a team. This in turn made the social media page of our college more interactive and prompt. We also helped in clarifying doubts and directing new students to the right sources or contacts.

It also proved to be helpful for those who were applying for admissions, a lot of their queries and uncertainties were cleared through the social media page. This in turn helped us form a connection and calm down their nerves in these uncertain times.

The social media team also aimed at taking a stand on important social issues that were simultaneously occurring in our country. We thought showing solidarity as a college was key to help our audience understand our ideals and virtues.

## HOSTEL LIFE

### SANKRANTI CELEBRATIONS

*Varsha George, 1<sup>st</sup> year  
counseling psychology*



Sankranti celebrations happened on the 15<sup>th</sup> of January. The celebrations started off with a bang by playing the traditional music for Sankranti. The Pongal which consists of rice jaggery and milk was cooked in a traditional way in a mud pot and as the milk raised and poured over the pot everyone began shouting "pongalo, pongalo". There was a small dance performance by sisters and there were games played by the brothers, the morning celebrations came to an end by clicking a group photo. In the afternoon during the lunch time there was a small performance by sisters who danced gracefully and then a traditional lunch was served in the traditional south Indian style. The program was totally planned by the brothers and sisters who stay at the hostel and to be honest they did put up a wonderful show, an experience that I will never forget.

## **BIRTHDAYS AT MONTFORT HOME**

*Sakina S Saraiya  
(2<sup>nd</sup> MSc. Psychology)*



Yes, that's right. The Montfort College Hostel is not called a "Hostel", it's called Montfort Home and for all the right reasons. One of the most heartwarming things about living at Montfort Home are the birthdays- they begin at breakfast on the day of the birthday with high spirited singing but it doesn't end there, it ends at the end of the month where all those who had their birthdays stand together and cut a cake with their friends, eat specially cooked food by the kitchen akkas, and get all the warmth, love and affection they would have gotten from their families in their Home away from home.

## **THERE'S NO PLACE LIKE HOME**

*-Diya Mahesh  
(2<sup>nd</sup> Sem MSc Psychology)*



We juniors distinctly remember the warm welcome we received from the senior hostel batch when we first arrived, terrified of what hostel life would bring us. Ever since then, our collective support, empathy, and affection have truly made us a family, with a bond closer than ever.

With the intention of giving back the love and support the seniors have shown us and so much more, we planned to throw a spectacular farewell program for them.

On 24<sup>th</sup> May 2020, the hostel juniors held a Farewell Programme for our beloved seniors with a 'Retro' theme. Due to the ongoing pandemic, we worked on entertaining and showing our love to our seniors virtually. Although it was a difficult feat, we made the most of the resources available to create a special surprise.

The event was even more special as it was unexpected. We were overjoyed to be together on one platform after a long time apart. The event began with Br. Sebastian addressing the seniors with words of encouragement. The juniors all contributed by preparing musical and dance performances to our seniors' favorite songs, interspersed with engaging games to entertain them. We also put together special moments we have shared over the years at Montfort in a video montage. At the end of the program, we took group photographs and left everyone with wonderful memories. We also asked each senior to send us a personal message about their time at Montfort and put it together in a virtual graffiti wall for them to hold on to.

The event was bittersweet and emotional for not only our seniors but also us juniors. It helped us reflect on the ups and downs of hostel life, and the community we fondly call our 'Monfort Family'. The evening was received with surprise, excitement, heartache, laughter, tears, and a lasting sense of belonging to a home away from home.

*'Where we love is home, home that our feet may leave, but not our hearts.'*

-Oliver Wendell Holmes

## HOSTEL FAREWELL - THANK YOU!

*Jyoti Mariam Jacob, IV Psychology*



When I recall the memories from the hostel farewell, I am reminded of the age old saying, 'where there is a will, there is a way'. Our lovely juniors did not succumb to the global pandemic when the time came to bid us, seniors, goodbye! Instead they put their heart and soul into organising a heart-touching and warm virtual farewell party on the 24<sup>th</sup> of May, 2020. They arranged for us an evening of games, songs and dance. We were also given customised gift cards, collages and a virtual graffiti wall that beautifully sums up our life at Montfort. It was truly fun filled and a heartfelt journey down the memory lane. I'd like to extend a word of profound gratitude to our juniors as well as the management for being such great hosts and showering us with love and warmth!

There is a peculiar vibe and synergy in the college campus, which I am sure every Montfortian has experienced and embraced during their journey. And as a hosteller, I think the experience has been manifold. I'd only like to thank all my batch mates for being an extended family through thick and thin, thereby making the Sampurna Montfort hostel, a home away from home!

## COMMUNITY DAYS

*John Lavanya,  
2<sup>nd</sup> year counseling psychology*



I don't know if I should start with the delicious food or lit music or happiest happy birthday singing or kickass games. Oh wait, I know exactly what I should start with – KULUKITHAKA. Yes, Community days are all about fun, laughter, making merry and dancing so much we literally fall and sleep in the lawn breathlessly and then we get up and continue dancing. (Ahh no I am not exaggerating, community days are the best).

So this is how it works – everyone in the hostel students, brothers, kitchen staff are all divided into teams at the beginning of the year and each month we have one team hosting the Community day. It is the one day that we all look forward to as it brings us all closer and it helps a lot with relieving all the academic stress we go through!

Let me tell you how a Community day ideally looks like – the team in charge starts secretly prepping a week ahead and buying gifts for the birthday babies of the month, the excitement slowly builds up as we all know something is cooking. On the day of the event, we first have outdoor games in the lawn – now this can get really messy with the running and chasing but what's life without a little chaos? There is also a special game for the birthday babies which is usually the game that is the funniest! After this, we all go to the hostel mess and cut a BIG CAKE, sing happy birthday and the birthday gifts are distributed. Next is the best – a variety of amazing vegetarian and non-vegetarian food is served followed by icecream for all (thinking about this is making me hungry now). It is really fun to watch people like MK slyly being nice to others and getting three bowls of ice cream. #Gluttony. And finally, the grand finale would be the incredible dancing in the lawn to all songs from Wise men say to Danza Kuduro to Tasaku to Kulukithaka, you know how Montfort is, we are very inclusive and we dance for songs of all languages. By around 10 30, we wind up all sweaty and go get the best sleep we have that whole month!

Community days are something that definitely kept us going and I am going to miss it so much.



## ONAM 2019

*John Lavanya,  
2<sup>nd</sup> year counseling psychology*

The entire hostel corridor and mess was like a bustling festival place with the smell of flowers and everyone dressed in white sarees with golden borders and mundu. It was the morning of Onam celebrations at the Montfort Hostel.

All our hostel Malayalis had got together to throw a fitting Onam day for all. We began with some very fun games near the basketball court. “Keeping the Bindi” eyes folded kickstarted the game, then we had “Eating of the biscuits from the rope” which was hilarious and after that, we had “Breaking the pot with a stick”. Finally, we had Vadamvali (Tug of War) and after that, we were all tired and ready for our Sadhya.

As we entered the hostel mess there was a gigantic Pookalam (flower kolam) beautifully arranged and making the entire room fresh with its scent. First, there was a singing performance by all our amazing student organisers following which we had the famous Thiruvaathira gracefully danced by our students. Bro Dhanraj was the special guest for the day. After the Onam speech was given, the Onam Sadhya was served to everyone. The Sadhya was a sumptuous meal and most of us couldn't get up from the floor post eating so much! After this everyone took lots of pictures and went to sleep only to return the next morning for breakfast.



# ACHIEVEMENTS



**ROOPA**

Date, place and name of the conference- 6<sup>th</sup> and 7<sup>th</sup> March 2020, Sampurna Montfort College, National Conference on Mental Health and Technology in a Changing World.

Title of the paper- Relationship satisfaction and emotional intimacy in non- heterosexual men: A comparison between online and offline dating

The theme of the national conference- Mental Health and Technology in a Changing World

Brief-

The paper titled “Relationship satisfaction and emotional intimacy in non- heterosexual men: A comparison between online and offline dating” was presented at the National Conference on Mental Health and Technology in a Changing World, on 6<sup>th</sup> and 7<sup>th</sup> of March 2020 at Sampurna Montfort College, the topic is of high relevance as we are heavily depending on technology for our everyday activities and even to find partners, in a scenario where technology has its boon and drawbacks, and the sexual minorities being heavily stigmatised and discriminated against it becomes imperative that we study the online and offline behaviours. The study was conducted by Soorya O and L Roopa under the guidance of Dr. Radhika K Assistant Professor.

We are grateful to the college for providing this opportunity to us.



**SOORYA**

The National Academy of Psychology (NAOP) India and the Department of Applied Psychology, Pondicherry University, India conducted their XXIV Annual Convention of NAOP, India, and International Conference on “Making Psychology Deliverable to the Society”. Chief Patron Prof. Gurmeet Singh, Vice Chancellor of Pondicherry University along with other patrons inaugurated the event. The conference spanned for three days from the 20<sup>th</sup> December to 22<sup>nd</sup> December of 2019. Papers and posters were presented on various topics ranging from Clinical Psychology, cognitive psychology, cultural psychology and organisational behaviour.

Students from Sampurna Institute of Advanced Studies and Sampurna Montfort College, L Roopa ( 2<sup>nd</sup> MScp) and Soorya O (2<sup>nd</sup> MSc Psychology) participated in the conference. Papers like death anxiety in nurses, body image, self-esteem, body consciousness were covered in the area of clinical psychology. Workplace belongingness, breaking the glass ceiling, generating more women entrepreneurs, work life integration were some of the topics covered under organisational behaviour. Rape myths, dating imposter phenomenon, sexuality, coping strategies

by women in slums were some of the themes covered in social psychology. A number of other interesting topics were covered under various areas of psychology; military psychology was another area that was covered in the conference.

The conference offered the opportunity to dialogue about the latest applied research in Psychology and allied areas, exchange insights about how to move research into practice and expand one's professional network. The conference was an insightful experience, with a good knowledge of currently researched areas in psychology and applications of them, purely in terms of making it deliverable to the society.

The conference intended to bring together academicians, students and practitioners to deliberate upon the social deliverables of Psychology in the context of community, health service, workplace, and environment and organized it very well.

## **SHUBHANGI MORE**

*2<sup>nd</sup> year, Counseling  
Psychology*



The details of the first paper-

Name of the conference- Psychology for Health, Happiness and Humanity.

Date: 22<sup>nd</sup> & 23<sup>rd</sup> February 2019.

Organized By Department of Psychology KBP College, Vashi Mumbai.

The title of the paper- "Factors contributing to happiness among women at different stages of life". The theme of the conference was to understand the role of happiness in improving health. About the paper- It was a lit review where I spoke about happiness, the subjective experience and the different factors that contribute to happiness among women at different stages of life. This paper comes in direct relation to the concepts of Positive Psychology and how happiness and well being can be enhanced. Data was collected through empirical and theoretical research papers. The results pointed towards factors like age, health, social support etc in contributing towards the happiness among women. Below I have attached a picture for the same.

The details of the second paper-

Name of the conference- National Conference on Mental Health & Well Being.

Date : 13<sup>th</sup> and 14<sup>th</sup> March 2020.

Organized By Department of Psychology PSG College of Arts and Science Coimbatore, Tamil Nadu.

The title of the paper- "Understanding the experience of Counseling from the client's perspective". The theme of the conference was to enhance well-being and promote positive mental health

among the student community & general public. About the paper- This paper was presented along with Zeba Asif of Counseling Psychology. The aim of the paper was to understand the experience of clients who have undergone therapy. The objective however, was to positively make changes in our practice as personal therapists, learning from the experiences of the study population. Data was collected using telephonic interviews and a semi structured questionnaire was prepared for the same. Inferences or themes were taken out from the client's verbatim. They can be used as a guiding tool for practicing psychologists.

Diya Mahesh and I, Sakina S Saraiya Presented a paper titled, " Self-Compassion and Altruism: How Closely are they Related" at the National Conference on Mental Health and Well-being conducted at PSG College of Arts and Science (Coimbatore, Tamil Nadu) on 13<sup>th</sup> March,2020. Our paper received the Best Paper Award for Scientific Paper.



## *Diya Mahesh, Sakina S Saraiya*

**Name of Conference: National Conference on Mental Health and Well-being**

**Place and Date: PSG College of Arts and Science (Coimbatore, Tamil Nadu)**

**March 13<sup>th</sup>-14<sup>th</sup> 2020**

Self-Compassion and Altruism: How Closely are they Related?

Self-compassion and Altruism are often viewed as opposites, where being altruistic is viewed as being kind and noble, self-compassion is seen as being narcissistic or self-indulgent. However, another claim made by research on burnout is that 'The more you give to yourself, the more you give to others'. The goal of this study was to gain insight into the current levels of self-compassion and altruism in young adults, and to explore whether there was a relationship between the two variables, using two psychometrically standardized questionnaires- Self-Compassion Scale (Neff et al., 2007) and Adapted Self-Report Altruism Scale (Rushton, 1981). The study also aimed to understand the relevance of Neff's research (2007) linking the two concepts- Self-Compassion and Altruism in the current non-western culture. A correlational study was conducted on a sample of 100 young adults between 18 to 40 years of age from three metropolitan cities in India- Mumbai, Chennai and Bengaluru, using the Snowball sampling method. The study offered to identify the levels of and understand the relationship between Self-Compassion and Altruism and by doing that, promote individual and collective well-being.



**PAVITHRA D** *1<sup>st</sup> Year, Psychology*

1. Herewith I am attaching the photo that was taken in the conference.
2. 06/03/2020 and 07/03/2020; Sampurna Montfort College, Bengaluru; Two-day National Conference.

3. A Study on the Influence of Technological Tool Use on Social Life and Well-being.

4. Mental Health and Technology in a Changing World.

5. The main objective of the study was to find out the impact of technological tool use on the social life and well-being of young adults residing in the city of Chennai. Arnavut's Technological Device Use and Social Life Tool and the Warwick-Edinburgh Mental Well-being Scale were administered for data enumeration. Pearson's correlation for the dimensions of technological device use was found to be statistically significant at the 0.01 level indicating a high level of correlation between the items in the tool. One sample t-test between the independent variable and the dependent variable, indicates a statistically significant relationship. Thus, the study reiterates concerns related to technological tool use on the mental health among young adults.



## CONTRIBUTIONS

### Negative Emotions

*Sakina S Saraiya (2<sup>nd</sup> MSc. Psychology)*

One of the most important things I've learned as a psychology student is to not "control" negative emotions, but rather, "embrace" them. We constantly try to "get over it." We're constantly taught that these negative emotions have to be gotten rid of; but what we're not told is that it's okay to go through negative emotions. You don't have to run away from them- they're here for a purpose. So we have to accept them- the anxiousness, sadness, fear, jealousy and hurt. We do more harm to ourselves when we try ignoring or controlling these emotions and feelings.

When things aren't going a particular way, let's allow ourselves to feel bad about it. Let's embrace the feelings of anxiousness- let's acknowledge that these not-so-good feelings are trying to say something.

Now I'm not saying that we should let the negative emotions take over; but what I am saying is that we need to welcome and explore them before we can soften them. We need to be compassionate to ourselves, because when we don't do that and instead reject them and refuse to listen to them, they come back louder and harsher.

Learning to embrace emotions is one of the most powerful things we can do for ourselves. It's the most powerful thing I have done for myself, and in fact, it has made me whole and happier, it has helped me grow and heal.

## A Piece of Me

*Maria Senora Sukumar, 2<sup>nd</sup>-year Psychology*

I write to untangle the tangled threads of glass. I get rash sometimes, and end up with a cut. Writing heals otherwise.

In school, we had two separate papers, one for English grammar and one for English literature. The last question on the grammar paper, would always be an essay. Although I didn't prepare much, I'd wait for that question. At that point, it didn't matter if I'd get graded well or if I'd impress my teacher. I just liked being able to speak without being stopped. I liked not having someone constantly evaluate, the sense that I spoke with. At that time, the answer paper seemed to not end. It grew a new sheet, almost as if understanding that I had more words to speak.

I spoke to my aunt about that feeling.

"I wouldn't know what to write... but towards the end, I'd have so much to say..." I told her.

"Ya, you just keep going on and on, no?" she said. Then added, "You can't stop only, after that."

I was happy someone understood that. I felt very proud of myself for having that feeling.



## Call me

*Sowmya H D, 2<sup>nd</sup> year counseling psychology*

Growing up I started to write to vent. This writing and the feeling associated with it was different from writing a school essay, maybe because unlike my school essays, I wanted it all to be read and understood this time.

I still write essays and I still sit for exams. I feel the pages grow as I move my pen along. The words coming out of me are like small pieces of silver metal. If you hold them up to see your face, you can only see one part clearly at a time. It's only up to me then, to piece it all together, picture it together and make sense of it.

When I was 14 I felt like I belonged nowhere, crying beneath the closed door of my heart. I felt betrayed by my own parents and siblings. I was tagged with the title of being "unlucky," "unworthy" and "impoverished". During those times I often longed to see a glimpse of light in my life. I found myself asking, "who am I? why are things getting out of my hand?" I felt out of control.



It felt as if the sun had gone down and my heart was filled with darkness and agony. Day after day internal pain continued to consume my hope for life. I soon felt that the only option left was to give up on my life.

In those dark moments of my life, all I could feel was this sense of being insignificant and a lack of belongingness. The one thing that was constant in my life was this haunting feeling that I mustn't trouble anyone anymore and give up on my life, which would solve all of my problems"

Funny as it may sound, I made several serious attempts at ending my life only to be unsuccessful. It felt like even death was not on my side. I felt truly like an utter failure. As destiny would have it, I attended a youth gathering around that time just for fun and for the first time in my life I heard His voice, the Voice of life, the Voice of Hope, the Voice of love.

In the midst of that helplessness, I heard his mellow voice calling out to me, "Hello, My child". That call gave me a new beginning, new hope and new sense of belongingness. Since then even in the midst of my troubles and crisis, I call out to Him. I realised that He has been waiting for me all this time. He was there for me in my loneliness and he has been counting every teardrop shed from my eyes until the day I heard Him.

Now, He is my shadow who never leaves nor forsakes me. I honour Him for the new life and new family that he has given me. I Can't stop counting his blessings in my life. Prayer is all about talking to Him just like a friend. It can help us to see our life in terms of the positive aspects, build our gratitude to a Higher Being, build our trust and Help us to live a better life.

I would like to tell you, my dear friend that if you're going through something similar or are facing any trouble, JUST CALL HIM. He always answers our calls through our prayers and there is no network or bandwidth problem, one can talk to him unlimited 24/7 for He loves us all infinitely.



## The Wild Flower

*Sowmya H D, 2<sup>nd</sup> year counseling psychology*

This poem is dedicated to my mom on her birthday. I haven't seen anyone so far, who is so determined in life. She has given life to so many children, and I'm one among them. She gets up everyday at 4 a.m., prays for the world and the people around her. I'm Blessed to have a mother like her.

• You're the beautiful wild flower which has grown in the desert.

You didn't bother to grow  
and spread flowers around you.

In spite of the wind, scorching sun and lack of water.

- You said to yourself let them stamp me or throw me.

I will return leading the pack of flowers around me.

Your warm hugs and unconditional help for other flowers brought delight to your life

Your gorgeous hair and lovely face attracted everyone around you.

- God broke your little heart again and again.

Until it stayed open to everything that happened to you.

You welcomed both the compliment and criticism graciously,

knowing that it takes both sun and rain for the flowers to grow, which made you rejoice.

Even though you were betrayed, yet you stood rooted strong in the Lord.

- Even when your stems were weak, you struggled for the “budding flowers around you”

You never stopped caring for them even when they walked away.

When your petals were falling down, you clothed others and you never considered yourself high and you always put others’ needs in front in spite of your loneliness.

- At times even life knocks you down, yet you have grown as a strong woman. “Mother you have loved, cared for, forgiven, walked away at times, tried to give second chances, regardless of what others did to you”. Your perseverance made you move on no matter how many times you were let down, you always Got up.

- You have become a “diamond that no one can break”.

You don’t have an attitude but you have built standards around others.

You cried behind closed doors at times, but “every morning there is a blooming smile to welcome new challenges in life”.

- As your daughter I know that Your only strength comes from God who made you blossom as a “wild flower” and I’m glad he made you. Mother I pray you live long and keep doing the Lord’s work and impact people’s life.

## Fading Kindness

*Sowmya H D, 2<sup>nd</sup> year counseling psychology*

Life is all about learning. We can even learn from a small ant. Even though they are not as strong as us, they prepare and store food for the summer. One can also learn unity from them as ants never give up on their clan. Even if one among them dies, they struggle to carry their friend home.



Sometimes we humans forget our neighbours who are struggling for one meal.

It was a dark night, and as I travelled I noticed something that broke my heart. I was walking back home while people and birds were asleep, while the moon viewed the earth, and while the breeze spoke louder.

I saw a man sitting on the side of the road near the trash and picking up food to serve himself. I also noticed people were looking at him from their beautiful bungalows but never even bothered to come out to give him some food.

Perhaps people were scared about the deadly pandemic and were trying to save themselves, but I was more concerned about people dying from hunger. He didn't have any food or a plate to serve himself. Instead, he picked up the spoiled food from the trash to eat, with his plate being the muddy road.

I know each one of us is going through a hard time but when ants, the smallest creatures, can help and offer their hands to others then why not us, the most intelligent creation on earth. Let's join hands and do things that can at least help people around us survive in these tough times.

I'm really glad that some people have all three meals a day, and I thank God for His provision for others, but I also feel responsible to share His blessing. Yesterday I fed the person, so tomorrow you might be the one who can feed them. God's word says "Do not forget to show hospitality to strangers, for by so doing some people have shown hospitality to angels without knowing it".

Be the light to people around you.

## The Perfect Place



*Tarika E Kannan, 2<sup>nd</sup> year Psychology*

She sits.

Alone

Peering into a book.

Lost.

Maybe to you.

But not to her

As she is in a world

All too familiar

A world

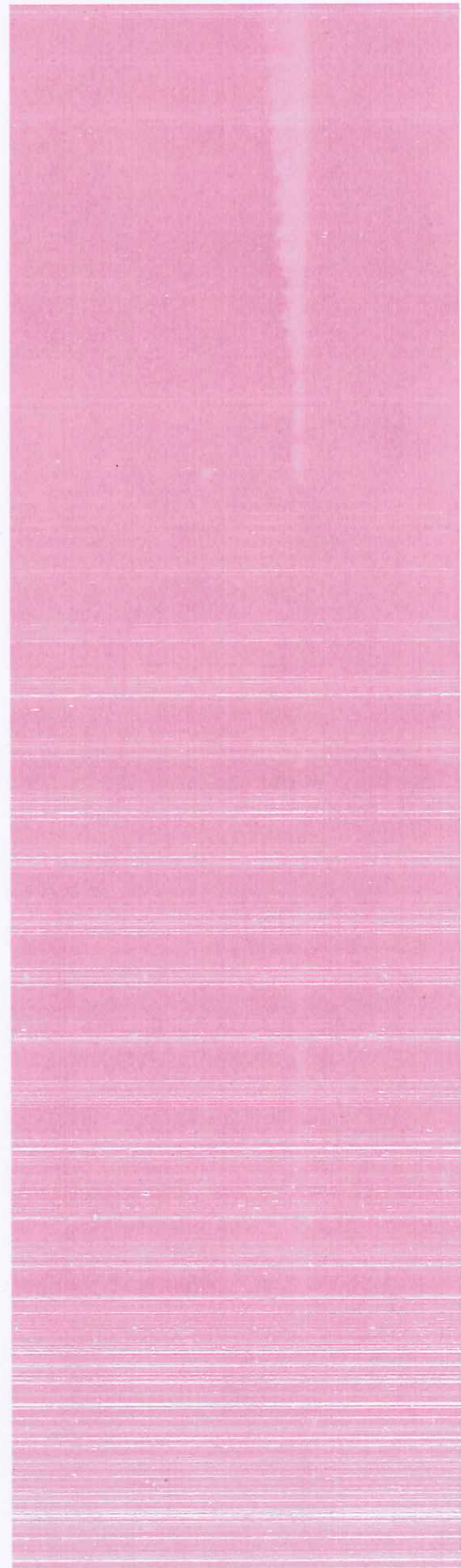
She can claim

And call her own.



A world.  
Where anything is possible  
Where hope and joy  
Are the rewards of life  
Where the sun rises bright  
And there is always a star filled night  
Where the waves are tall  
And troubles small

Where the trees are evergreen  
Where each and every leaf  
Has a shimmering sheen  
Where worries and stress  
Are waved good bye  
Where sorrow and jealousy  
Are never to be found  
And where nature and people  
Are strongly bound  
That's where she longs to be  
And longs to go  
And longs to live  
In a world  
Bound by peace and harmony  
Sweetness and kindness  
Chivalry and valour  
Bravery and vigour  
Where the world is a better place  
That grows and moves at a much slower pace  
Where dreams and wishes come true  
And the sky is just that  
Perfect kind of blue



Where everything is perfect  
Where you find what you are looking for  
Where you know not pain and discomfort  
But only happiness and warmth  
Where heart ache and sadness  
Are miles away  
Where love is free and painless  
And merciful  
Where there is no mistrust  
And only there exists faith  
And belief in each other.  
I hope you find this place  
This place we all look for.  
And see only in our dreams.  
A place where all is right with the world!

Who am I?  
I'm not Indian, I'm not African  
I'm not Muslim or Hindu  
I'm absolutely not white or black .  
I am what you define me  
I'm Beyond, I'm The world , staying in the world  
Do not define me  
Do not define The mortals  
because we make the world  
Not our caste, , creed , colour  
not our occupation or even Qualification  
But we make the world .

## \*UNTAG HUMAN, UNTAG MORTALS\*



*Lehar Bagaria,  
1<sup>st</sup> year. Counseling Psychology*

UNTAG US , UNDEFINE US

SIMPLY BECAUSE WE ARE ONE .

Just caught up in the web of society and pretend

Breakfree and liberte cuz in the end

WE ARE ONE IN OUR NOTHINGNESS .

- Jus another being

## Hills and Lights

These hills are home.

Each time I look intently, one new light appears on it

The lights vary in hue and proportion.

Fog and rainfall, are constant.

Everytime it rains, the water slides down the slope.

Into our streets briefly and sometimes prolongs.

Standing afar I have stories:

An isolated eerie hut on the slope that remains so;

A group of well dressed girls, bestfriends I think, always happily return after a day's work and walk up to a mix of differing lights;

Kids run around in a row of lights.

Maybe a couple living a quiet life in one of the more distant lights.

When a thunderstorm comes, also a constant.

Worry ensues.

When an earthquake rumbles, also a constant.

Panic knocks.

Through it all, we have lived and the hills have stood.

Now I only hope, the hills grow and the lights do not fade.



*Archita Thakuria,  
1<sup>st</sup> year Counselling  
Psychology*

## There

Everytime I walked down the road  
Some external reason to do so in my mind.  
But I know the real desire was to see that house again.  
Imagine a cottage, with pointed rooftop.  
All the flowers around it bloomed year round.  
Even though our flowers bloomed only in the morning light.  
It looked gorgeous every sunset.  
An unkempt garden in its side remained so.  
I wondered why it never got tended to.  
And the house would have so little of human laughter.  
And human presence ever so null in it.  
Yet I knew, why the house remained beautiful still.  
Because I thought it so.  
Because I derived peace from it.  
Despite its flaws, I loved seeing it.  
Even if for just a moment.

## So I'm a little sentimental

I take too many pictures, say, "Hold on just a minute, the light is hitting your face just right."

I keep ticket stubs and dried flowers in drawers, don't tell you there isn't enough sugar in the tea. I'm too busy trying to hold the moment in a glass sphere, finding the perfect song for the occasion.

I guess I'm always looking for the cinematic, attempting to arrange memories in a sequence that takes your breath away.



*Archita Thakuria,  
1<sup>st</sup> year Counselling  
Psychology*



*Sahiti Gavarikar,  
2<sup>nd</sup> year counseling  
psychology*

I try to edit out the stammered words, the monotonous mundane routines, the needless cruelty of the world. There's still enough material left to give a great show.

I don't want to pretend there isn't anything tragic here, but rose-colored glasses are looking pretty good on me.

I think there might be another pair for you, come on, there's some time left before the credits start to roll.

## On finding and losing people...



*Afifa Kauser*

"we forget that, in the end, all that matters in life is people." Dr. Mark Sloan.

As human beings, are wired for connection and social interaction and if there is anything I know for sure, anything at all, then it is this – life is really about the people you meet and the people you choose because that is the closest you will come to controlling your destiny. I feel, the universe does this strange thing of bringing exactly the people we need at a given time and interestingly, the stage of our life determines the kind of people we have and they come along to build you, to teach you, to mould you, to break you, to help you get answers, to help you grow and outgrow, to challenge all that you have known or believed, to hurt you, to love you in a way you have never been loved before, to help you see yourself and eventually to help you become the best version of yourself.

The point I initially missed is that, most of the people I encountered where there to play their part and then set me free when their time is up, with nothing but memories or lessons – the good or the bad ones and that while some of them really stay, most of them have to eventually leave.

The people I'm referring to could be anyone-

It could be a long-time friend you outgrew, because you made different choices in life or because your differences became so wide that you could never reconcile by finding a middle ground.

It could be the ones you deem so precious only to realise that they make you question your place in their life. It could be the ones who don't feel for you or with you. It could be the ones who may not truly celebrate your brand-new business plan or your new victory or someone who was just too close to you for comfort.

It could be a mentor, a therapist or a guide you outgrew by the very nature of its relationship that they help you grow and that the very transformation means that the relationship with them has to end just so that we can see how far we have come.

It could be someone you have your tea with while sharing some laughter together.

It could be a group of people who you got involved with while supporting a social cause, who really changed the way you see the world.

It could be a significant other who loved you so whole-heartedly leaving a lasting impact, making you realise that, time is a manmade concept and sometimes the relationships that touch us so deeply can feel as temporary and as beautiful as a shooting star in the dark sky and that every relationship is bound to end it's just the tenure for each is different but the memories of who they were and who you were with them stays with you forever.

Here's the thing about these once in a lifetime kind of people you find them and then you lose them either to death you never saw coming, of the person, of a relationship or simply because you have outgrown them and while some losses bring relief and may be necessary, we grieve others, some we grieve so much that we metabolize losing them like shocks to our system and they continue to live in us long after they are gone, letting us wonder why we can't seem to let go off them entirely for touching our hearts. Sometimes it makes sense why you had to lose someone, why some people had to leave and sometimes with others you will still wonder why.

The essence of letting go and overcoming the pain of loss is FAITH. Faith that, you will make space for all your feelings especially, the bitter and the messy ones. Faith that, you will learn to become comfortable with this uncomfortable truth of why we had to lose some people. Faith that this is better left the way the universe has written it and maybe rewriting it would mean losing what it had offered us. Faith, in knowing that, while grief may never completely go away it will soften. Faith that, you will find your own silver-lining. Faith that, the universe and the world we live in is not a vacuum and the moment someone leaves, something else takes up space and that by the very nature of life, in place of what is lost, something new emerges this does not necessarily mean a new person but probably a newly discovered passion that brings a gentle smile and finally, trusting that, maybe these people are angels sent to us, to get through life, to appreciate all that exists in the world, to help us be more careful with the possible dangers we could put ourselves in and their journey with us is only to heal a part of us or reveal to us about ourselves.

These people teach us the most important lessons of how to let go, how to detach, how to accept when a person's role ends in our life and how to make space for someone new, they help you learn the difference between the ones who touch your hand and the ones who touch your soul and to know that while we do not have complete control over our destiny, we can control the people we choose and that is pretty much close.

And I hope, we will learn that- to love, to really love is to be vulnerable and become willing to lose people and as much as life is about finding and losing people, it is also acknowledging the universal truth that everyone will encounter a loss in their life and the trick is to embrace the messy, the beauty and new understanding of ourselves through it all.

# Importance of Intersectionality in mental health

*Jumanah Fathima,  
2<sup>nd</sup> semester counselling psychology*



Surveys indicate India has only about 9,000 psychiatrists for its 1.3 billion people (By contrast, the U.S. has 28,000 psychiatrists for a population of 325 million). Out of these, how many understand matters of intersectionality and mental health? It's a very pressing question.

India being colourfully diverse is only a matter of pride and positivity when it comes to attracting tourists. But the reality is that minorities in India face long standing violence and discrimination on different levels. From casual casteist slurs to mob lynching, minorities in India are disadvantaged. It is not inconspicuous that as a result, minorities may face higher mental health difficulties.

Intersectionality is a concept from feminist theory which looks at the intersections between groups of oppressed peoples. Each person has multiple identities, shaped by history and political climates. Furthermore, different combinations of these identities produce their own oppressive experiences. Intersectionality has widened in scope to provide analysis to a wide range of social and political issues, despite arising from feminist theories.

Not only do certain cultural groups have negative beliefs about members within the group having mental illness and accessing mental healthcare, people of religious and caste minorities who have mental illness also face discrimination from outsiders on top of everything else. The discrimination people experience related to one element of their identity can never truly be separated from another stigmatized piece of their identity. To make matters clear, India has recorded \_\_\_ cases of caste and religion based discrimination and violence in 2019. This itself is indicative of the fact that minority groups may experience depression and anxiety as a result of multi-faceted trauma. Some people directly face violence and there results a personal and direct trauma. Others may witness discrimination of others of the same community that results in vicarious trauma. Additionally intergenerational trauma plays an indefinite role in mental health of caste and gender minorities in India. Intergenerational trauma is mental health disadvantages experienced by people belonging to marginalised groups in continuously oppressive social environments across generations. The continuous nature of such violence and discrimination along with absence of any means to express their grievances, protests and dissent often perpetuates and intensifies minorities as they repress and internalise their worthlessness, lack of agency and self-defeating beliefs.

It is unsure how many institutes that offer training in psychology and therapy include a module on trauma and intersectionality. Therefore, the awareness of this quintessential component among the current mental health professionals and students is questionable. For example, a

Dalit trans man , or a Muslim girl from lower SES may experience anxiety that is higher than what is considered normal. Therefore suggesting some relaxation techniques or disputing negative beliefs is not a complete solution. When we focus too much on the internal mechanisms of a person it is turning a blind eye to the environmental influences that may have caused the dysfunction.

However having said that, it does not imply that their mental health can only be improved if there is a social and political revolution that breaks these systems of oppression. Unfortunately social change doesn't happen overnight. To realize, recognise and acknowledge the effects of these oppression on people itself gives the oppressed a voice.

Therefore, it is imperative for current and future counsellors to strive to understand and work keeping in mind the experiences of different communities of varying ages, genders, castes, religions and culture.

These are some of the things we can do :-

The first step is to recognise our own privilege arising from our gender, SES, caste, religion and political identity. Furthermore, perhaps even recognise in which of these we are disadvantaged.

What is also important is to recognise that there are multiple forms of systemic discrimination. This may also include tapping into our thought process and accepting that we too may be influenced by our upbringing and recognise we may have unconscious biases.

Respect the voice of those affected, this includes stepping aside and allowing them to serve as spokespeople for their own causes.

Ensure that research does not overlook the experiences of individuals with intersectional identities. And moreover construct psychological testing and scales that recognise their unique mental health needs.

Collaborate with people and organisations to provide resources and practical solutions to people of these communities that is beyond a therapist's professional commitments.

Mental health cannot be apolitical, and we need to start recognising the unique needs of a widely multicultural population with various identities. We as counsellors should recognise 'individual differences' beyond the individual, that is we are constantly influenced by various groups we belong to. Recognising these differences is important rather than saying "I don't see caste/ gender/ colour" etc. It is important now more than ever to recognise the differences, challenge the discrimination and continuously incorporate inclusivity.



## Two years of Mish Mash Journey

*L Roopa, 2<sup>nd</sup> MSCP*



Getting back to college after 8 long years was never an easy decision, especially when you married and have a toddler to be taken care of and making up your mind to travel 30 km every day to and fro. The last two years at this college was worth all the challenges.

So it all started in May 2018 when I enrolled myself for a certification course in this college, and at the end of the course I made up my mind, that if I'm doing my masters in counseling Psychology that would be this college and yes I got through.

The first day of the college never felt any different, I felt belonged here. I made some wonderful friends who also happened to be sisters and priests and some amazing just out of college young minds. I learned to sit through a lecture for one hour straight; tried to cope up with the surprisingly strenuous CFE's, and had the opportunity to learn from some great counselor minds. Being in the student council, class representative, and interning at FCC was all worth the learning and experience. From standing on the stage being an emcee or dancing to '90s songs for teacher's day or crying on seniors farewell day or singing retro music with the fellow council members or screaming our lungs out for sports day or enacting a skit in a random mall for outreach program are worth to cherish the memories for a lifetime. We will always remain the special batch of 2018-20 who graduated without having a graduation ceremony or a farewell to bid goodbye, although we are still very hopeful ;)

Doing CFE's or assignments or preparing for class presentations and making my daughter finish her homework at the same time was nothing short of mission accomplishment. I would discuss so much about college to my husband on a daily basis that my daughter was too curious to see the place where I study. Eventually, I got her couple of times to college and she was most liked because she looked at the tiniest among all the masters' students. "Are you serious, you are married and you have a daughter?" was the most famous question asked in these two years. The most understatement decision every morning was between Ola, Uber, husband drop, or my two-wheeler. Who will take me to college? Attendance mattered in all these options.

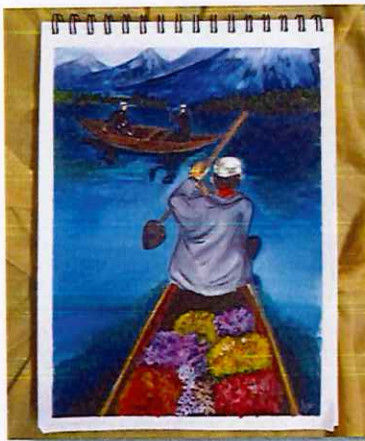
The time I spent sitting in the lawn staring at the sky, endless queue in the canteen, never-ending gossips, an impulsive visit to Bob's at 100 ft road, dressing up for the ethnic day, planning the seating arrangement for MCQ test, rushing to assessment room to get the high chair, wearing your classmates' id tag to walk through Bro's office, taking pictures of your classmate sleeping in the class, planning class trips to Goa will always remain in my heart.

Montfort has been a second home for most of us and it will always remain the same. And I'm ever so grateful for this college and ever supporting faculties, Bro's and all the non-teaching staff including the gardener, akkas and security uncle.

Down the lane, I hope this inspires my daughter to chase her aspiration!

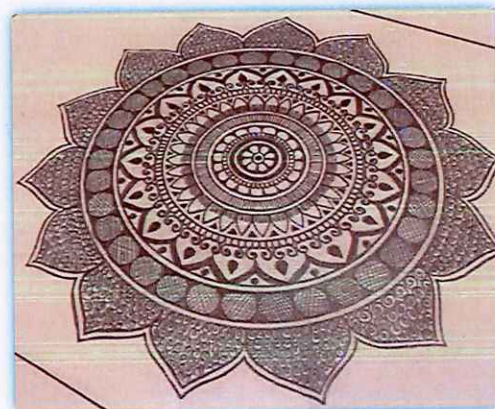
"East or west, RED BULLS are the best" well this was the winning team of 2020 Sports day, and yeah that's my team. PROUD!

*Aishwaya Bhosle 2<sup>nd</sup> year, (MLCU)*



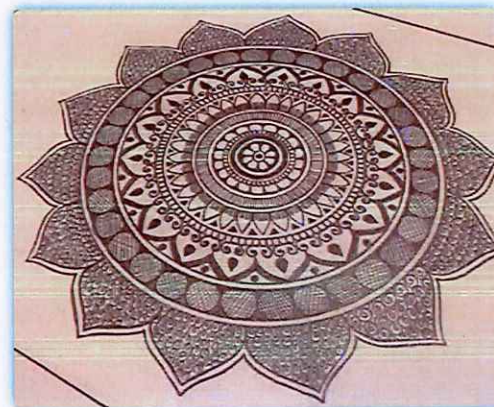
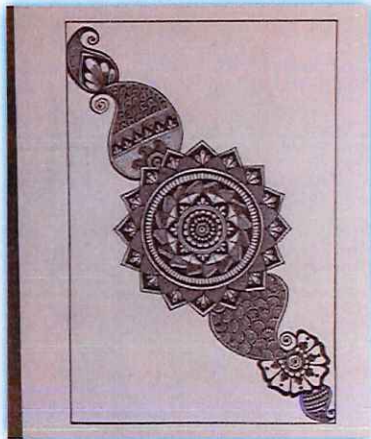
*Dikshika Jain, 2<sup>nd</sup> year psychology*

Lakshmi Kashyap 2<sup>nd</sup> semester, Counselling Psychology



Noorain Fathima 2<sup>nd</sup> year  
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