

Sampurna
MONTFORT COLLEGE
NEWSLETTER



MARCH 2018

YEAR IN REVIEW



Graduation Ceremony - Batch of 2017



Welcoming Batch of 2019



Sports Day



Onam Celebrations



Independence Day Celebration



Khushi - Children's Day Celebrations

PRINCIPAL'S NOTE

Sampurna Montfort College is in its 20th year of Mental Health Service as well as training Mental Health Professionals. As we move forward diligently in our mission of training psychologists and counsellors with personal integration and professional competence, capable of providing contextually relevant, socially inclusive and affordable mental healthcare support to all in need, we thank God for all the blessings showered upon the Sampurna Montfort family. We gratefully remember all our friends and benefactors, as well as all staff and students, past and present, who have been part of our journey and have contributed in one way or another towards our growth and development.

This issue of our newsletter takes us through the happenings in the college during the last two months. We had a number of events since the new semester began, including some unique workshops conducted by specialists from abroad and faculty development programs. I take this opportunity to thank and congratulate the team that has put together this issue. You have indeed done a great job!

May God bless us all.

Br George Padikara
Principal



UNIVERSITY RANK HOLDERS 2017



1st
Sneha Jacob
M.Sc Psychological
Counselling



Gold Medal
Kalyani Alva Memorial
Spoorthy K L
M.Sc Psychology



2nd
Debanjali Saha
M.Sc Psychological
Counselling



3rd
M Thongchinlian
M.Sc Psychological
Counselling




4th
Rev Sr Marie
Imalka
M.Sc Psychological
Counselling



4th
Vani Narayanan
M.Sc Psychological
Counselling



5th
Varsha
Lakshminarayanan
M.Sc Psychological
Counselling



"Most of us went running home away from hostel, and the rest of us probably ran away from home in search of some novelty or the other. Returning to Montfort was truly a welcome change for me...with just two papers to study and the rest practicum work which equally excites and scares me. Apart from the practicum and research work, what is the real draw from Montfort, is and always will be the people. From your classmates, support staffs, teachers, administrative staff to everyone is reminder of the space that college really occupies in our heart."

- Shrikrishnan, II MSc Psychology Counselling

first that I had back from holi therapy which w painfully intense. was bit tough, I wa it helped me in ir later on. I was re gized by th

- Shivli S Sriva

NEW SEMESTER, NEW BEGINNINGS...

- Samson Roy, I MSc Psychological Counselling

"The highlight of the semester is the workshop that we had on Transpersonal Psychology. It has changed my perspective on life, enriched our lives and made our class a family."

- Kedar K Rao, I

"The holidays were a pleasant short break before the beginning of the fresh semester. it gave me time to enjoy company I rarely get to spend quality time with...I have been enjoying the pace of the college with studies and workshops keeping me occupied... It's been nice to have a routine after nearly a month's break."

- Durga Menon, II MSc Psychology

the semester vacation usually includes long drives, spending quality time with friends family, or just time spent relaxing at home binge watching movies and TV series.

Regardless of its duration, we never seem to have enough holidays.

new semester includes resolutions to do well in academics or to have more fun than the previous semester. Here's what our students feel about coming back from the holidays.

"Holidays were quite relaxing and helped me get back on track to the 'Bangalore phase'. I was quite excited to get back to my class after the short holidays. Looking forward to a lot of positivity this semester and I feel like I'm ready for the war (studies)."

- Femi Antony, I MSc Psychological Counselling

We asked a few students how their exams went and this is what they had to say...

"You never ask a student how they feel about exams."

- Durga Menon, II MSc Psychology

"I enjoyed my exams... basically I was over prepared because firstly I did group studies with some friends and then I sat and taught the entire syllabus to another friend. So by the time I got to the exam hall I was glad that I could finally forget everything that I had been repeating over and over again!"

- Rijul Ballal, I MSc Psychology

"Because it was our first time, I felt unprepared. But now I understand how to sort things and be prepared for the next semester... how to organise notes way before the exams... studying you can do later but I think organising notes is what is important."

- Prartana John, I MSc Psychological Counseling

"The longest three hours of my life."

- Nitish Bhagath, II MSc Psychological Counseling

"What exams?"

- Shradha Prabhu, II MSc Psychology

ing
hen I was
ays was group
s in two words,
hough initially it
happy in the end;
ividual sessions
axed and ener-
holidays."

stava, II PGD

"I

am just

happy that the exams

got over and we had a week
holidays before we could be-
our next semester which was
y quick and seemed more like
a long weekend."

Rijul Ballal, I MSc Psycholo-
gy

STUDENT SPEAK

WORKSHOPS



Workshop on Abuse and Trauma

- Dr. Sudhamayi, Assistant Professor

A two-day workshop on Abuse and Trauma was held at Sampurna Montfort College on the 29th and 30th January, 2018. Sue Santi Ireson, a renowned senior accredited counsellor, facilitated the program. She is part of the BACP (British Association for Counselling and Psychotherapy). The workshop mainly focused on Child Abuse and Trauma - how childhood abuse predisposes victims to physical and mental health problems later in life. She helped participants understand the consequences of adverse childhood experiences that involve physical, sexual, emotional abuse, neglect, witnessing domestic violence, depression, mental illness etc., and how they impact brain development which in later years manifests as impaired cognition, psychiatric disorders, issues in work/school, obesity, addiction, crime, risky sex, chronic diseases etc. The session also covered the different types of abuse and the importance of healthy boundaries for a child. Interactive activities were conducted where group members shared their experiences and view-points on how abuse and trauma affects a child and how to deal with it as a counsellor while taking into consideration which stage of the Grief Cycle the client is on and empathizing with the shame experienced by the victim. The program brought awareness on the statistics of assault and abuse cases occurring worldwide and in India reflecting that 57.3% of boys and 42.7% of girls were exposed to extreme forms of sexual abuse in India.

The session also dealt with how PTSD gets triggered and affects cognitive - emotional functioning which in turn leads to psychosomatic issues and how to identify the symptoms of the same. Ms. Ireson provided an experiential understanding of breath control and its influence on anxiety, panic attacks and flashbacks. Practitioners shared different case studies which helped to understand problems as well as the techniques that should be adopted to deal with different situations.

Play Therapy Workshop

- Akansha Agarwal & Durga Menon, II MSc Psychology

The workshop was conducted in Montfort College by Mina Dilip on the 10th of February. She introduced students to the various techniques used in play therapy like storytelling, puppetry, sand therapy, and bubble blowing.

Puppetry is used to help the client, child or adult, to express their feelings using puppet-based storytelling. Students were introduced to the therapeutic rationale behind puppet-based therapy and the importance of mirroring the movements of the client, which was followed by a discussion on how crucial it is to establish personal and professional boundaries in such a setting. Students learnt how bubble blowing as a technique can be used to teach one's client to differentiate between deep and shallow breathing, and how sand therapy is used for its therapeutic benefits of healing through a tactile medium.

Mina also enlightened the gathering on the topic of emotional intelligence by introducing the B-L-U-E model that she devised, which emphasises body and self-awareness, labelling how we feel, understanding the connect between our mind and body and expressing it in an effective manner. The workshop also focused on group therapy techniques and the benefits of working with groups when keeping a therapeutic goal in mind. The session concluded with a few case studies and feedback.

Experiencing the Divine Self - A Workshop on Indigenous Psychology

- Javeria Imam, I MSc Psychological Counselling

"Indigenous Psychology" was the theme of the workshop, facilitated by the three pillars of the International Transpersonal Association - Dr. Zana Marovic, Dr. Stuart Sowatsky and Dr. Regina U. Hess. The workshop covered a varying degree of topics like: Integrated psychotherapy, self-awareness, transpersonal psychology, somatic psychology, mindfulness, ego-states, harmony in marital life and trauma theory accompanied by rituals and meditation techniques of shamanism - a native Indian practice of healing. Some of the activities conducted at the workshop include body-scan mindfulness meditation, diaphragmatic breathing, timeline of life exercise, self-awareness questionnaire, mandala drawing and practising "vi-yoga" exercises.

Dr. Zana Marovic addressed physical problems, what triggers their onset, and how somatic symptoms affect the mind. The activity, 'Timeline of Life', taught students how to relate existing biological issues with past life events, and thus, gain understanding on how somatic psychology works. Dr. Stuart Sowatsky taught students the beauty of the power triad: Respect-Love-Trust. He addressed issues found in modern marriages and put forward ways to sustain a marriage. The gathering was ushered into an activity of "Vi-yoga", a concept of missing while apart. He also brought light on the simple concepts of change, admiration, appreciation, gratitude, and trust. In the final session, Dr Regina Hess addressed topics which were purely associated with tran-

personal psychology, wherein students were introduced to the techniques of Shamanism and Trauma Theory. By drawing parallels to her own experiences, Dr. Regina taught students about the different kinds of trauma and how disorders caused by trauma can be treated.

All the topics and activities were of great help, providing much insight into Transpersonal Psychology and its branches.



FACULTY DEVELOPMENT PROGRAMS

Creative Tools and Towards Futuristics

Multidimensional Transformation of Trauma

- Dr. Sudhamayi, Assistant Professor

Montfort college organized a faculty development program on the 24th of February, 2018. Dr. Regina U Hess was invited as the facilitator for the program on “Multidimensional Transformation of Trauma” (from a Clinical and Transpersonal Somatic Psychotherapy Approach and the “Capacitar Training Program for Transforming Trauma”). Examples of pre/peri/post-natal, biographical, collective, transgenerational and transcultural trauma were discussed. She shed light on Clinical psychopathology and treatments including a transpersonal somatic healing framework based on the concept of interconnectedness that assumes the dimensions of body, mind, spirit, community, culture, and nature as inter-related. It explained that trauma is not only understood as a pathology, but as a potential place for growth and resilience. Her practices helped the faculty understand how the healing process includes learning core qualities such as acceptance, respect, compassion and self-compassion, self-awareness and mindfulness. In this way, wounding and trauma, together with the innate capacity to heal may function as spiritual teachers. Everyone learnt the importance of accepting themselves and committing to a life that extends gratitude, forgiveness, and a joyful being in the here and now.

The National Faculty Development program titled “Creative Tools and Techniques for Educators Towards Futuristics Education” was organized at the Sampurna Montfort College, Bengaluru on 10th February, 2018. The faculty development program was facilitated by the corporate speaker and coach Ian Faria.

The faculty members who attended the one day workshop included: Dr. Regina U Hess (Principal, Ressurrection School, Bengaluru), Sr. James (Superior School, Bengaluru); Br. Alex (Nirmala Higher Sec. School, Kollegal), Br. John (Montfort Anglo-Indian Higher sec. School, Yercaud), Br. Mary (Mary’s Higher sec. School, Salem, TN); including Br. George. Along with the faculty and staff members from Sampurna Montfort College, introductions were made, the facilitator commenced the program which served to provide understanding on the concepts of trauma, learning and memetics”. He introduced the concept of “ABQ + Questions + Listen to Understand”. The faculty members embarked on an interesting journey of understanding themselves and possibly their students while in a classroom setting. Through the session, light was brought on how important it is to introspect on one’s own practice to be reflective while understanding what the students might be learning from you i.e., “the teacher”. Mr. Faria concluded the session by providing research and information for teachers to keep themselves updated to current events happening around the world and in academia.

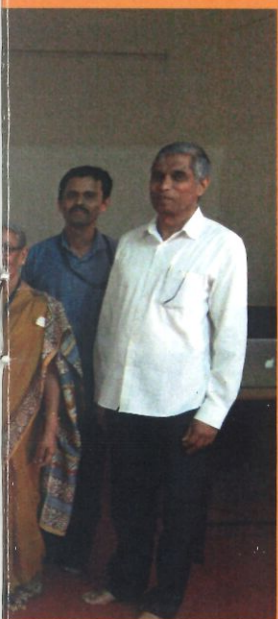


Techniques ic Education

Parashar, Assistant Professor

tools and techniques
a Montfort College on
facilitated by imminent

clude: Sr. Fatima (Prin-
n, Resurrection School,
hur, TN), Br. Joni Ra-
N), Br. John David (St.
ge and Br. Jacob along
t College. After proper
ogram with an activity
alue" and "genetic cod-
2U" that is "Ask Better
were taken through an
e barriers faced by both
thematic diagrams he
personal limitations and
be reflecting through
aring sources that pro-
es updated with regard
nia.



Women's Day Celebration

- Sneha Menon, I MSc Psychological
Counselling

Women's Day was celebrated in Sampurna Montfort College on 8th March, 2018. The theme of the event was Gender Equality and the colour code for the day was black which symbolised the breaking of stereotypes of all kinds. The event began with the screening of two short films: Juice and Strong. Juice

is a 14 minute short film which portrays the patriarchy and misogyny that is embedded within society and

Strong, a film by Anurag Kashyap, delivers a powerful message encouraging women to stand up for themselves. The discussion that followed was moderated by Lopamudra Goswami and Dominic, who tactfully brought out varied opinions, ideas and suggestions from all who were present.

**"Here's to Strong Women.
May we know them.
May we be them.
May we Raise them."**

Robin beautifully shared a bitter-sweet narrative on the reality of how girls and boys are given differential treatment since birth which was based on his experience in North India. The speech was followed by a talented group who used dance to gracefully depict the different phases of a woman's life.

The event concluded with a Women's Day Awareness March, also called the Human Chain. The march was named human chain as all the members of the College held hands and posters while chanting slogans to spread awareness on the importance of gender equality. It was indeed a very enlightening and moving experience for everyone in and around our college.

WOMEN'S DAY

REAL TALK

WITH SUDHARSHAN HEBBANI ON INDIAN CLOTHING AND ITS IMPLICATIONS

Princy: Hi Sudarshan, could you tell us a little about your area of interest?

Sudharshan: There are multiple things that interest me; to begin with my heart beats faster when it comes to Indian traditions, cultures, and its evolution over time and also to take an anthropological viewpoint of different possibilities. Secondly, anything to do with psychology excites me, so I try to find commonalities between Indian Tradition and Psychology.

Indian clothing and its implications is something that I've started collecting information on. How certain dresses came to India, what they mean and so on. So, I thought I'll share the same with you today.

P: What about this area interests you most?

S: Dressing is not merely beautifying oneself. It talks about your state of mind, about the message you have to communicate and the cultural origin that you come from. Dressing is something that speaks many languages.

P: Could you tell us what you mean when you say 'implications of clothing'?

S: Implications are rather multiple; political, moral, financial/economic. To give you a small example, Mysore Silk was invented during the late 1880's and early 1900's

and that's when the British influence on Mysore Kings was tremendous. The Mysore kings wanted to keep the Islamic power from the rest of Karnataka where they were ruling. They thought that joining hands with the British is better than joining hands with the Islamic rulers and so decided to imitate the British lifestyle. At that point in time, the British had invented a lot of synthetic material and chiffon was one of them. The King decided to create Indian attire using Chiffon but felt that Chiffon did not represent the Indian Culture well enough. And so the King decided to create material that resembled Chiffon. Silk threads were woven in chiffon patterns and 'Mysore Silk' was born. The silk sarees were worn by the Mysore royal family to popularise and promote it.

P: Have you come across any bizarre/controversial dressing styles?

S: To me nothing is controversial unless you make it so. Controversy does not lie in the dress but is something that evolves over time. Any new invention is always bizarre. For example, the saree was considered bizarre initially. It was also worn differently; part of the saree should come between the thighs like a dhoti ('kache' in Kannada), and had frills at the back. However, the current saree does not have back frills. Sarees were initially draped around the 'petticoat' introduced by the French. People who wore a 6 yard sarees were mocked because only the 9 yard saree was considered 'authentic' Indian wear. So, I don't believe that bizarreness is in the dress but in the way people perceive it; every new trend was considered bizarre at some point of time.

P: I hear that the blouse was introduced by the British, is it true?

S: Yes. During the Victorian era, Indians never wore blouses with their

sarees. The saree was worn in such a way that it covered the upper part of the body. In fact, in most Indian cultures women would not wear anything on the upper part of their body. In many Central and South Indian cultures, showing your breast was never frowned upon. Showing your breast or upper part of the body be it men or women was actually considered a sign of respect. This is why you find many Indian men taking off their shirts when they go to a Temple. It's like how you take your hat off when you greet someone. It also suited India's tropical climate. The blouse was introduced by the British as showing your breast was considered to have sexual implications in the European culture. And so, the puritanical concept of covering your breasts crept in. This morning I read about a model who was photographed breastfeeding and the controversy it created. See how much time has changed.

P: What are your thoughts on the Indian Culture?

S: Well I think the nature of Indian culture is that it's always changing. You will never see one thing in India. We have had Persian influence, Arabic influence, East-Asian influence, the Mongolian influence... we always keep changing and evolving. That's the best part of Indian culture.

P: Does it negate the whole idea of originality?

S: Well the point is, how long do you want to stick to your originality? If you're surviving for more than 6000-8000 years as a civilization, it's only because you are evolving. If you're sticking on to your originality you will not move.

P: Any closing thoughts?

S: Dressing is not merely an expression of one thing, it's not just the attitude or opinion, it's much more than that.



Top 10 Board

The top 10 student budget friendly restaurants around Bangalore
(Courtesy: Zomato)

1. Meghana's Foods (Biryani, Seafood, Andhra)

Several outlets - Rs.500 for two people

2. Al-Bek (North Indian, Chinese, Biryani)

6 outlets in Bangalore - Rs.400 for two people

3. Kylie's (Asian, Chinese)

Indiranagar 100 ft Rd - Rs.400 for two people

4. Leon Grill (Turkish, Arabian)

8 outlets - Rs.500 for two people

5. Dal Roti Sabji (North Indian)

Indiranagar - Rs.300 for two people

6. Just Shawarma (Arabian)

15 outlets - Rs.250 for two people

7. Taaza Thindi (South Indian)

2 outlets - Rs.100 for two people (veg only)

8. Street-side Momo Stalls

Found all over the city, keep your eyes open for these tiny but delicious stalls - Rs.100 for two people

9. The Executive Lunch at Elongo's (only during weekdays)

Koramangala - Rs.500 for two people

10. Onesta (Pizza, Italian)

12 outlets - Rs.600 for two people (And sometimes, even free.)*

*Check out their Facebook page to know more.

Curated by:

Ashika Chhotray & Deepa S, I MSc Psychology

Fests

Our students started the new semester by participating in three fests at different colleges. The first was "Nri-tyanjali", the national dance fest held at Kristu Jayanti College. Shagun Narula enchanted the audience with her fusion of Madhuri Dixit's chart toppers and won the third prize in Eastern Solo dance. The next fest was "Kriya", held by Jain University, J.C. Road. Shagun Narula, Medha Dey and Kriti Pahuja participated in the Dance Battle (Eastern category) and in the Eastern Duet for which they were made special mention of by the judges. Prattayee Dutta, Raina Mohalanobish and Medha Dey also participated in IIPR's psychology fest, "in'PSY't", and placed 2nd in the psychology quiz. All in all, the fests were very enjoyable and the students made great memories there.

- Medha Dey, I MSc Psychology

Placements

Every even semester companies like Ask mile.com, a company that provides jobs for online counselors; Reknown Edu Services, which provides jobs for education consultants; EvolvED, an organisation that primarily focuses on different facets of childcare etc., come to Montfort for placements. On the day of the placement, companies present their agenda to students and interviews are conducted either at Montfort College or at the respective company. Placements are currently being held for final year students and we wish everyone good luck!

- Deepa S & Ashika S Chhotray

Newsletter Team

Faculty: Arpita Anand, Lopamudra Goswami & Dr. Sudhamayi P **Editors:** Aradhna Mohan, Sarah Samson & Sneha Narayan **Photographers:** Lahari Arasu, Samson Roy, Shalini Jose, Jithin Joseph, Nancy Nivetha & Binoy Meenattoor **Layout:** Eesha Mullick

Courses Offered

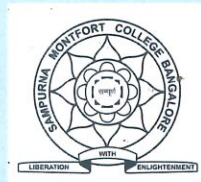
Ph.D in Psychological Counselling
M.Sc Psychological Counselling
M. Sc Psychology
PG Diploma and Certificate Courses

Montfort Counselling Centre

Individual Psychotherapy
Individual Counselling
Play Therapy
Psychological Assessment
Parent Guidance
Couples Therapy
Career Counselling
Pastoral Counselling and Spiritual Guidance
Group Therapy
Psychiatric Consultation
Family Counselling Centre (FCC) supported by State Social Welfare Board

Collaborations

Centre for Diversity in Counselling and Psychotherapy (CDCP)
Martin Luther Christian University



Sampurna

MONTFORT COLLEGE

Affiliated to Bangalore University

#184, Old Madras Road, Indiranagar, Bangalore 560038

Tel: +91 25283320 / 25284050

Email: montfort@vsnl.com / college@sampurnamontfort.in

Website: www.sampurnamontfort.com