



Annual Report

2016-17

Montfort College

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INTRODUCTION

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

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

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

VISION

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

MISSION

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

CORE VALUES

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

OBJECTIVES

The objectives of Montfort College are as follows:

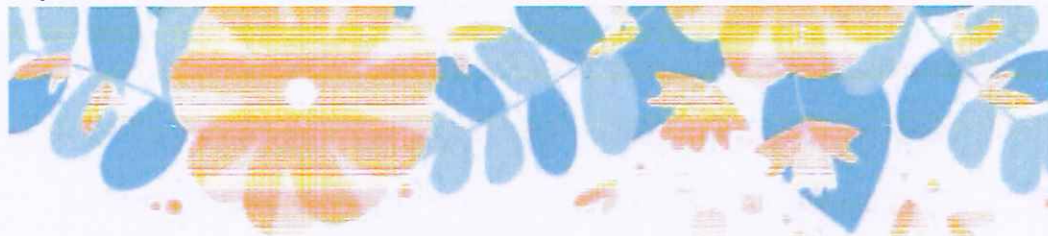
- To provide the ambience of quiet learning and amiable, free interaction among students and faculty.
- Adequate mental formation of students towards self-awareness and personal integration
- Excellence in teaching, learning, and research
- To arouse enthusiasm for promoting holistic mental and emotional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

PROFILE OF THE INSTITUTION

Name	Montfort College
Address	No. 184, Old Madras Road, Indiranagar Post, Bangalore – 560 038
Phone	+91 80 2528 3320 / 2528 4050
Email	montfort@vsnl.com
Website	www.sampurnamontfort.com
Principal	Bro. George V.J.
Established	1998
Type	Co-education
Affiliation	Bangalore University (Permanent Affiliation)
UGC	recognised under '2 f' of the UGC Act
Student Strength	120
Student Brand	Montfortians
Chairman	Bro. George Palackal, Provincial Superior, Province of Yercaud

Permanent Affiliation with Bangalore University

Montfort College has received the much awaited, **Permanent Affiliation with Bangalore University and an enhancement of student-intake** to 40 students for M.Sc. Psychological Counselling and 45 students for M.Sc. Psychology. While thanking God for this great milestone in our history, we are also grateful to all who have supported and encouraged us in some way or other.

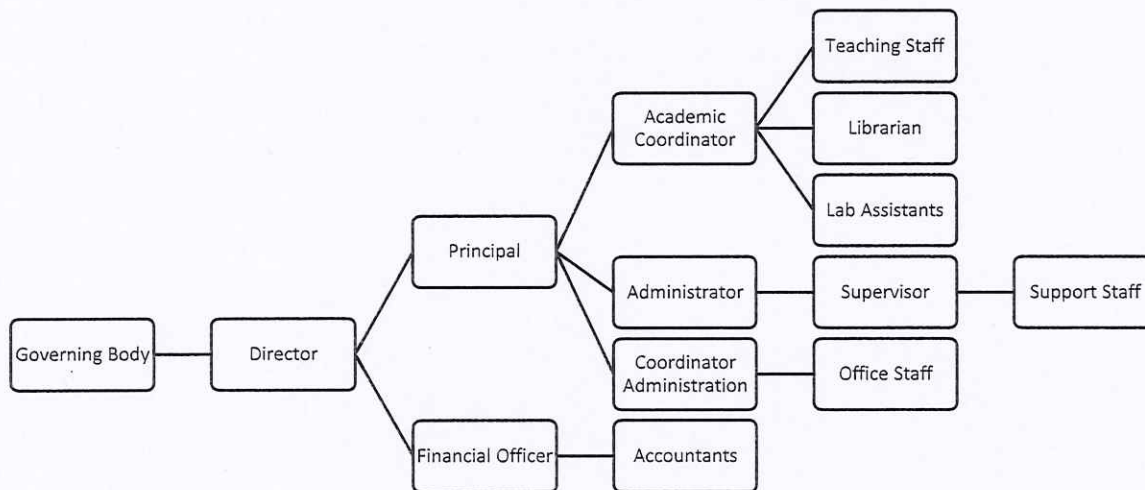


MONTFORT COLLEGE REACHES ANOTHER MILESTONE!

*We've received our Permanent
Affiliation with Bangalore University!*

**We'd like to thank our students, alumni, faculty, staff and our
well-wishers for their continued support and prayers.**

ORGANOGRAM



GOVERNING BODY

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

GOVERNING COUNCIL

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

IQAC

- Bro. George V J, Principal
- Bro Matthew Panathanath, Former Principal (Management Representative)
- Sr. Genevieve, Former Principal, Mount Carmel College
- Sangeetha Reddy, Alumnus
- S V Suryarekha, Former Principal
- Saritha Mathew, Administrative Coordinator
- Sritha Sandon, IQAC Coordinator
- Tony Sam George, Dean of Humanities, Christ University
- Molly Joy, HOD, Kristhu Jayanti College
- Karuna Bhaskar, Employer, Resilience Works

FACULTY DETAILS (Full Time)

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

COMMITTEES AND CLUBS

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

Student Council

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

Anti-Ragging Cell

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

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

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

Grievance Redressal Cell

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

Research Development Cell

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

Library Advisory Committee

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

Placement Cell

Campus interviews are arranged to provide employment opportunities to students.

National Service Scheme

Montfort College inaugurated its first NSS unit on 13th March 2017. The objective of the NSS unit is to complete 120 hours of social work, contributing effectively at improving the community around. The student body of Montfort College works towards social causes such as education, environmental issues, awareness building and other pertinent social causes.

CURRICULAR DESIGN AND DEVELOPMENT

The institution practices several **Innovative Teaching – Learning Methods** to enhance student's learning experience. The faculty are constantly using non-lecture mode to teach many aspects of the syllabus. Guest lectures within (where experts within the faculty teach topics in other lecturer's papers), discussion groups, buzz-groups, etc., are being used regularly.

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

ACADEMIC PROGRAMMES

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

Research Centre recognized by Bangalore University

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

VALUE ADDED/ CERTIFICATE COURSES

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

WORKING SYSTEM OF THE COLLEGE

The academic year started on the 1st of August. The students of M.Sc. Psychological Counselling began the year with greater understanding of themselves and their peers, through a weeklong experiential group therapy. Students describe the process as a life-altering experience propelling them into deeper self-awareness and growth. The 2016-2018 Bangalore University batch of M.Sc. Psychology and M.Sc. Psychological Counselling were welcomed to the Sampurna Montfort Family on the 22nd of August 2016.

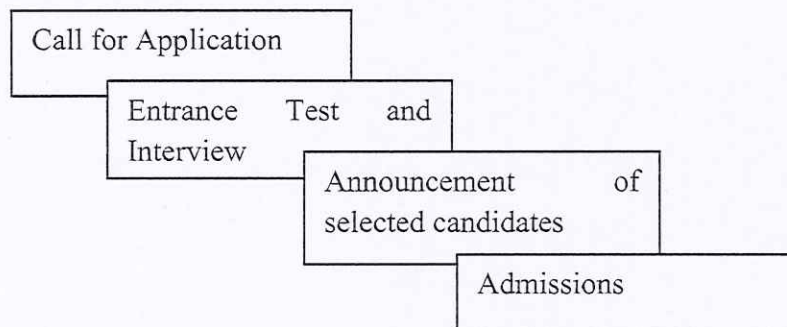
Calendar of Events

Date	Event
06/07/2016	Kutub-E-Ramzan
11/07/2016	Workshop of Qualitative Research
13/07/2016	Staff Meeting
25/07/2016	Start of 3 rd Semester/ Internal IQAC Meeting for submission of AQAR
01/08/2016	Prayer and Orientation at 9:00 Group Therapy for 3 rd Semester PC Classes commence 3 rd Psy
08/08/2016	Classes commence for 3 rd Semester PC
10/08/2016	Staff Meeting
15/08/2016	Independence Day
20/08/2016	Compensation for 10/09/2016
22/08/2016	Arrival of 1 st Semester MC PC and Psy; Orientation at 9:00 am followed by classes
27/08/2016	Symposium in collaboration with Drishti
31/08/2016	Staff Meeting
02/09/2016	Teachers Day
05/09/2016	Varasidhi Vinayaka Vratha
09/09/2016	World Suicide Prevention Day
10/09/2016	To be Compensated on 17/09/2016
12/09/2016	Bakrid
17/09/2016	Compensation for 13/10/2016 Timetable of Thu 13/10 to be followed
21/09/2016	Staff Meeting
30/09/2016	Mahalaya Amavasya
03 to 07/10/2016	World Mental Health Awareness Week
05/10/2016	Staff Meeting
06 to 08/10/2016	International Youth Fellowship Seminar

07/10/2016	World Mental Health Day
10/10/2016	Mahanavami Ayudha Puja
11/10/2016	Vijayadashami
12/10/2016	Last Day of Moharam
13/10/2016	Compensated for on 17/09/2016
14/10/2016	To be compensated for on 19/11/2016
15/10/2016	Mararishi Valmiki Jayanthi
19/10/2016	Staff Meeting
29/10/2016	Naraka Chathurthi
31/10/2016	Bali Padyami, Deepavali
01/11/2016	Karnataka Rajyotsava
02/11/2016	Staff Meeting
16/11/2016	Staff Meeting
17/11/2016	Kanakadasa Jayanthi
18/11/2016	Submission of Final IA for 3 rd Semester
19/11/2016	Compensation for 14/10/2016 timetable of Fri 14/10 to be followed
20/11/2016	Children's Day Celebration
03/12/2016	Tentative Last Working Day for 3 rd Semester
07/12/2016	Staff Meeting
09/12/2016 to 10/12/2016	International Conference
12/12/2016	Id Milad
13/12/2016	Submission of Final IA for 3 rd Semester
15/12/2016	Christmas Celebration
16/12/2016	Supervision Workshop
17/12/2016	Supervision Workshop
23/12/2016	Tentative Last Working Day for 1 st Semester
	Student Conference in Feb
02/01/2017 to 05/01/2017	Model Exams for sem II PC and Psy
02/01/2017 to 31/01/2017	Internship for Psy 4th sem and Practicum for PC 4th sem
14/01/2017	Makara Sankranti
16/01/2017	Theory exams for 2nd sem PC and Psy
26/01/2017	Republic Day
01/02/2017	Practical exams for 2nd sem PC and Psy
01/02/2017	Classes begin for 4th sem PC and Psy
06/02/2017 to 10/02/2017	Group therapy

03/02/2017	Internal IQAC Meeting
06/02/2017	Classes begin for 2nd sem PC and Psy
17/02/2017	Inauguration of the Sports Month (Tentative)
24/02/2017	Maha Shivarathri
28/02/2017	National Science Day*; Student Conference and Exhibition
07/03/2017	IQAC Meeting
08/03/2017	Women's Day Celebration
24/03/2017	Completion of 1st round of IA for 2nd and 4th sem PC and Psy
29/03/2017	Chandramana Ugadi
08/04/2017	Sports Day (Tentative)
14/04/2017	Dr Ambedkar Jayanthi, Good Friday
15/04/2017	Holy Saturday
28/04/2017	Feast of St. Montfort
29/04/2017	Basava Jayanthi
12/05/2017	Submission of Final IA for 2nd and 4th sem PC and Psy
12 or 13/05/2017	Commencement Ceremony
08/05/2017 to 08/05/2017	Research Conference for Students#
15/05/2017	IQAC Meeting
15/05/2017 to 20/05/2017	MC: Model exams for 4th sem
18/05/2017 to 19/05/2017	Internal Viva Voce for 2nd sem PC and Psy
22/05/2017 to 23/05/2017	Internal Viva Voce for 4th sem PC and Psy
22/05/2017 to 27/05/2017	MC: Model exams for 2nd sem
24/05/2017	Last day for submission of bound records/ journals/ dissertations/ project reports for 2nd and 4th sem PC and Psy
27/05/2017	Last Working Day for MSCP 2nd sem
27/05/2017	Last Working Day for 2nd and 4th semesters Psy and PC

Admission Process



Eligibility

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

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

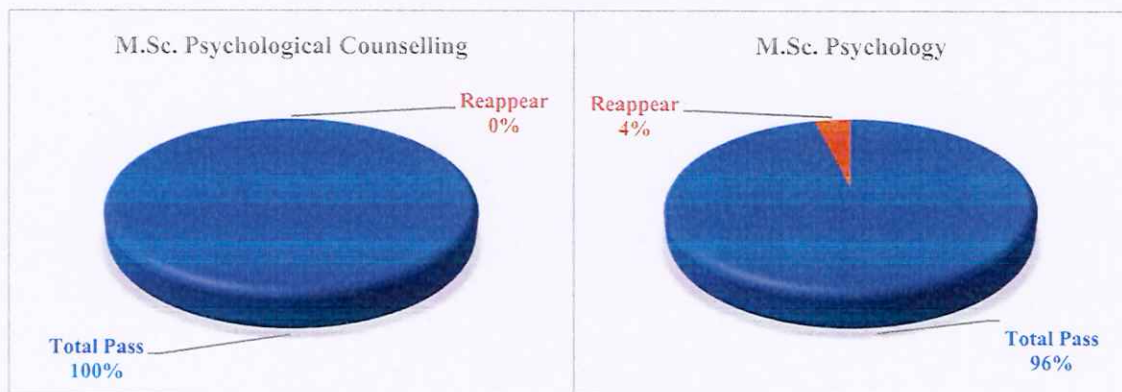
Demand Ratio

Programme	No. of Seats available	No. of applications received	No. of students Admitted
M.Sc. Psychological Counselling	20	118	20
M.Sc. Psychology	23	86	23

ACADEMIC PERFORMANCE

Result Abstract: 2017 (Batch 2015-2017)

Program	M.Sc. Psychological Counselling	M.Sc. Psychology
No. of Students Appeared	23	26
Total Pass	23	25
Percentage	100	96.1



Details of Results Obtained: 2017

Program	M.Sc. Psychological Counselling	M.Sc. Psychology
First Class Exemplary	1	4
First Class Distinction	19	17
First Class	3	4
University Ranks Obtained	I, II, III, IV & V	IV

Rank Holders/Awards

PROGRAMME	Student Name	Reg. No	Rank Details
M.Sc. Psychological Counselling	Sneha Jacob	15XGSPY021	I
	Debanjali Saha	15XGSPY006	II
	M Thongchinlian	15XGSPY010	III
	Rev Sr Marie Imalka Fonseka	15XGSPY015	IV
	Varsha Lakshminarayanan	15XGSPY024	V
	Sneha Jacob	15XGSPY021	Prof. M.S Thimmappa Gold Medal
M.Sc. Psychology	Vani Narayanan	15XGSM8026	IV
	Spoorthy K L		Kalyani Alva Memoria Gold Medal

Kalyani Alva Memorial Gold Medal - 1 Gold medal to a student securing highest marks in M.sc Psychology with specialization subject “**Child Guidance**”

Prof. M. S Thimmappa Gold Medal (Prof. Thimmappa Felicitation Fund) One Gold Medal to a student securing highest marks in M.Sc. **Psychological Counselling** along with cash prize for the remaining amount to the same student



Ms. Sneha Jacob of M.Sc. Psychological Counselling with the Gold Medal



Ms. Spoorthy K L of M.Sc. Psychology with Gold Medal

INFRASTRUCTURE FACILITIES:

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

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

The College has a fully automated library with over 7000 books in Psychology and Counselling. The college also subscribes to number of journals including online journals. The College has a well-equipped Psychology lab with required testing materials and apparatus for psychological assessment and diagnosis to enable to students and staff in learning and research. The college has an up-to-date computer lab with all the required software. The college also provides **free Wi-Fi** connection for faculty and students.

Sports and Leisure Activities:

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

Family Counselling Centre

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

Montfort Counselling Centre

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

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

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

Montfort College offers various consultancy services as listed below: -

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

RESEARCH

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

The institute promotes a research culture among the faculty. This is shown in the publications. During the last academic year, seven research studies were published in international peer-reviewed journals. In addition, there were two book chapters published by faculty. The college also has two proposals pending approval.

The college has submitted two proposals for research projects. A proposal titled “Cross Cultural Validation of the Danieli Inventory of Multigene-rational Legacies of Trauma: Mizoram, Manipur, and Nagaland” was submitted to the Ministry of Development of North-eastern Region, GOI in December 2016. Work has begun for this project. Another proposal titled “Religious Coping and Resilience: relationship to psychospiritual wellbeing and mental health” has been submitted to ICSSR in November 2016 and a response is awaited.

In addition, the college has had several meetings with Lewis & Clark Graduate School of Education and Counseling, Portland Oregon, USA towards research collaboration. As a result of these discussions, two areas of research were identified by the faculty. The members are in the process of gathering review and determining the design to submit proposals for major research projects.

COLLABORATIONS

The college has maintained its original networks and has signed MOUs with two new organizations. Two other organizations came for campus placement as well. The college is attempting to increase its networks to increase the number of on-campus placements. Further, the institute signed an MOU with the Asian Institute of Gaming Animation on 15.10.2016 to conduct classes on Psychology, Sociology, Career Skills, and Life Skills for students of AIGA.

FDPS/SEMINARS/WORKSHOPS/CONFERENCES, ETC. ORGANISED

1. A workshop on Qualitative Research Methodology was organised for the faculty on the 11th of July 2016 and attended by 9 faculty members.
2. A workshop on Marriage Enrichment Education was organised for the teaching staff to Enhance Communication Skills: Special Considerations for Couples Coping with Disability on the 29th of July 2016. The workshop was attended by 14 participants.
3. A workshop and demonstration session on emergency and ambulance services was conducted by Mr. Subash, Mr. Sandeep and Mrs. Usharani from Manipal Hospital, Bangalore on 26th August 2016. The workshop was attended by 92 participants.
4. A symposium on “Inclusive Education” was jointly conducted by Drishti (a professional organization providing psychological services to schools) on 17th September 2016. The symposium was attended by more than 250 participants.

Symposium in Association with Drishti

Drishti, a professional organization providing psychological services to schools, conducted their second annual symposium in association with Sampurna Montfort College on 17th September. The symposium focused on school-based interventions such as classroom management, behaviour management; special education needs interventions and trauma management in schools. Over 250 people participated in the symposium.



Participants at the symposium

5. Mindset camp was organized by Indian Youth Fellowship (IYF) for all youth across Bangalore between 5th and 7th October 2016.

International Youth Fellowship Mindset Camp 2016

The team from International Youth Fellowship conducted a 3-day camp at Montfort College from 5th to 7th October 2016. Participants experienced a time of learning and growing together through mindset education lectures, guest lectures, academics, mind recreation, and cultural performances.



6. A guest lecture on “Challenges of a Multicultural Psychologist” was organized on 22nd October 2016. The facilitator was Ms. Sandhya Rasquinha of Leeds University, UK. Thirteen participants attended this program.
7. A guest lecture on “Awareness on People with Disability” was also conducted on 22nd October 2016. It was facilitated by Enable India, Bangalore. Forty-five participants attended this program.

Enable India

On 22nd October, Enable India, an organization that exists to empower persons with disabilities, conducted a workshop for the students at Montfort College.



8. A National Level Family Therapy Workshop on “Genogram” was conducted by Dr. Mudita Rastogi, A professor of Clinical Psychology and a Licensed Marriage and Family Therapist from State of Illinois, USA on the 5th and 6th of November 2016. Fifty participants attended this workshop.

Genogram Workshop

Mudita Rastogi conducted a 2-day workshop on Genogram from 5th to 6th November 2016.



9. 17th to 21st January 2017 Faculty Development programme on “Clinical Counselling Supervision: Revisited” by Dr. Jayamala Madathil and Dr. Daisy Isaac. The programme was attended by 7 faculty members.
10. 23rd January 2017 Faculty Development Programme for Teaching and Non-teaching staff (the life changing gift of gratitude “Rev. Dr. Matthew Mickey, COBB).
11. A guest lecture of “Tools for Building a Therapeutic Community” was facilitated by Ms. Arundhati Chaudhury of Richmond Fellowship Society on 18th February 2017. Forty-two participants benefitted from this program.

Ms Arundhati Chaudhury, an alumna of Montfort College, interacted with the on the 18th of February 2017. Ms Chaudhury, who is currently working with The Richmond Fellowship Society, presented a guest lecture titled, Tools for a Therapeutic Community.

She began the two-hour long lecture by introducing the concept of Therapeutic Community. She pointed out how what we commonly refer to as a rehabilitation centre is technically supposed to be a therapeutic community. She also pointed out the difference between an actual therapeutic community and the more

commonly set up rehabilitation institutions in Bangalore. To substantiate, she shared a video that highlighted the work that Richmond Fellowship Society undertakes.

12. A workshop on “Basic Neuro-Linguistic Programming (NLP) was facilitated by Fr. Donthy Raja Reddy, an experienced NLP Trainer, between 16th and 18th March, 2017. Twenty-one participants attended this program.
13. A workshop on “Self-Love and How to Practice it” was conducted by Ms. Christina Franklin, an experienced spiritual healer on 20th March 2017. Sixty-six participants benefitted from this program.

Seminar on Self-Love by Christina Franklin – alumnus of Montfort College.

Ms. Christina Franklin is a spiritual healer and specializes in Inner Child Healing Workshops and Breath Work Healing. She has completed her M.Sc. in Psychological Counselling from Montfort College, Bangalore and Masters in Breathwork from RBI, USA.

She is passionate about empowering people with simple ways to heal themselves, through Spiritual Purification and Breath Work.

Ms. Christina Franklin, facilitated a workshop on 20th March for Montfort Students on Self-Love, introduced breath exercises and affirmations, to enable students with greater self-awareness and Insight.



14. A guest lecture on “Transformation of Self Through Selfless Services to Others” was conducted by Mr. Jacob Chacko, of Montimers, on 1st April 2017. There were eleven participants for this lecture.
15. A guest lecture on “Mental Status Examination” was conducted by Ms. Neha Parashar, Assistant Professor, Sampurna Institute of Advanced Studies, on 8th April 2017. There were seventeen participants for this lecture.
16. A training programme on GST implementation was held for non-teaching staff on the 3rd of July 2017 and was attended by 5 participants.

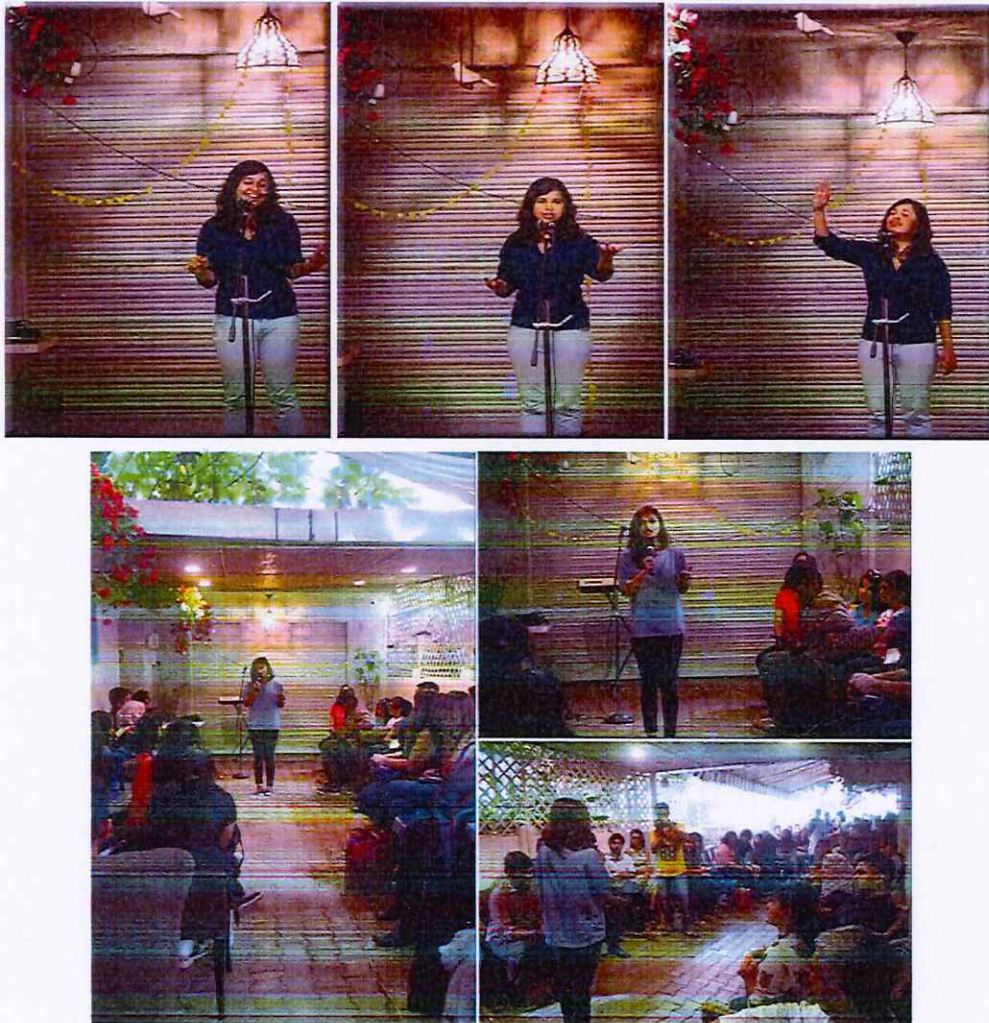
FDPS/SEMINARS/WORKSHOPS/CONFERENCES, ETC. ATTENDED

1. 17th to 21st January 2017 Faculty Development programme on “Clinical Counselling Supervision: Revisited” by Dr. Jayamala Madathil and Dr. Daisy Isaac. The programme was attended by 7 faculty members.

EXTENSION ACTIVITIES

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

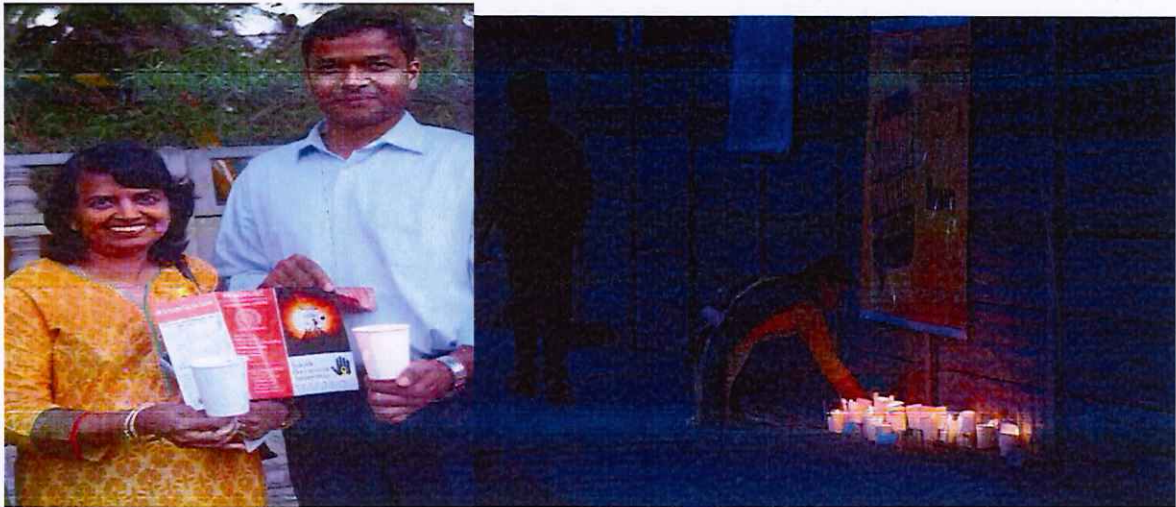
World Suicide Prevention Day



Students performing at Green Theory Café, Bangalore

An event was held at **Green Theory Café, Bangalore**, in collaboration with **Open Sky Slam**, a collective of performance artists, showcasing their support for mental health awareness through music, poetry, dance and other expressive channels. The event was held on 11th September 2016 with over 100 participants.

Candlelight Gathering



Sampurna Montfort College holds a candlelight gathering every year in support of suicide prevention. The student community actively engages with the public handing out brochures and more information on suicide prevention and ways in which people can handle the situation when faced with someone at risk of suicide.



Students along with members of Vimochana at the candlelight gathering on Old Madras Road in front of the College

Eye Check Up

Doctors conducted a free eye check-up for interested students on October 21st. If required prescriptions were provided and discount coupons were given for the purchase of spectacles.



NSS Community Outreach Programme

NSS has already been in action with their first cleaning drive as part of the “**Swachh Pakhwada – 2017**” Programme. On 17th March 2017, Family Counselling Centre in collaboration with the NSS Unit of Sampurna Montfort College organised the “**Swachh Pakhwada – 2017**” Programme. Nearly, 15-20 M.Sc. students at Montfort College actively participated in this programme. The surroundings, footpath lane outside the College premises were cleaned with the help of students and faculty of the college. The programme started around 3:00pm with the instructions and Precautionary measures to the students who were involved in the Swachh Pakhwada programme. The students were provided with Face masks, Hand Gloves, Brooms, Garbage Bags, Dust Pans etc, to clean the surrounding area. Students also placed some Dustbins to collect the waste on the footpath for the public and to maintain cleanliness on the pavement.



Blood Donation Camp

The college organized a blood donation camp on the 20th of February 2017 in association with Lion's Club, Bangalore. Fifty-Seven members including staff and students were able to donate blood to Bowring and Curzon Hospital Bangalore.

Women's Day

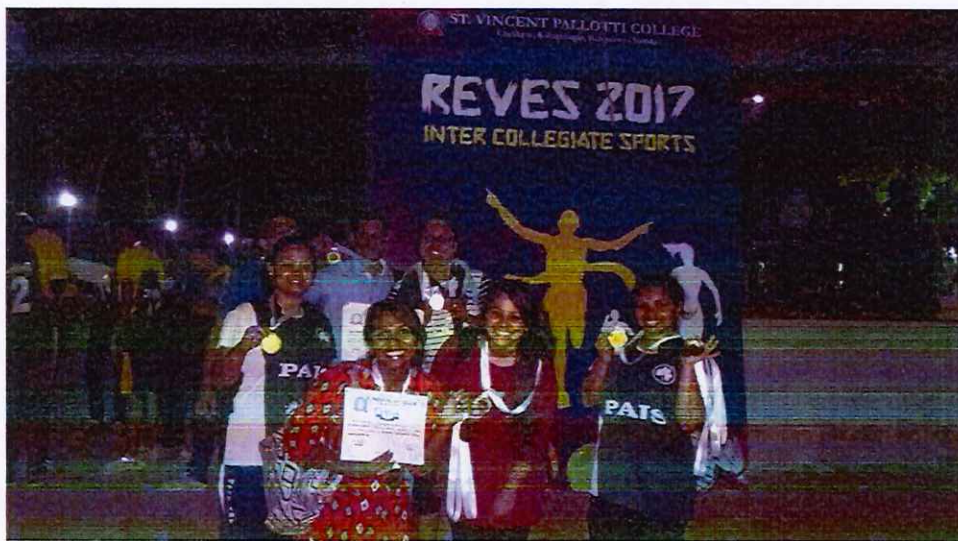
The college organized "Mahila Kalyana Mela- 2017" during which, students conducted various activities like Psycho- education on the myths and benefits of counselling.

Several workshops were conducted for students at various schools including:

- "Safe and Unsafe Touch" for the girl students of 6th & 7th Std students at HAL West Primary School on 25th November 2016
- "Time Management" for the students of 7th Std students at HAL West Primary School on 27th November 2016
- "Time Management" for the students of 9th Std students at Holy Cross School on 3rd December 2016
- "Sexuality – my body and me" and "Violence and Abuse in Disabled" for the disabled students at Enable India on 10th December 2016
- Study skills and stress management for the 10th Std students at Mariam Nilaya School on 21st January 2017
- Life Skills Workshop for the student from 5 – 9 std students at St. Jude School on 9th February 2017
- Life Skills Workshop for the student from 5 – 9 std students at Ascension Public School on 10th February 2017
- Life Skills workshop for Girl Student at Mathruka Nikethan School on 17th February 2017
- Workshop on Career Guidance & Personal Hygiene for students at prison ministry of India at Carmelaram, Sarjapur on 5th May 2017

ACHIEVEMENTS IN EXTRA-CURRICULAR ACTIVITIES

- 10th February 2017 the students participated in the cultural fest, Yuvtarang, organized by Indian Academy. They participated in the events such as Beat-boxing, Collage making and Face painting. In Face painting, one team consisting of Wondanglo Lotha and C. Lavanya Iyer, of second year psychology secured the second prize.
- 24th March 2017 students participated for the Inter Collegiate Sports Fest in St. Vincent Palloti College. Manasvi & Ranjani won Gold Medal for Carroms, Jayapal won IInd place for Table Tennis for boys and for Tug of war girls team won 1st place and received gold medals.



Students participated for INTER COLLEGIATE SPORTS FEST CONDUCTED BY AT VINCENT PALLOTTI COLLEGE

- 17th February 2017 PSYESTA – National Psychology Fest organised by Rajagiri College of Social Sciences, Kochi, Kerala. It consisted of events ranging from debate, quiz, and other psychology related events. Students won the first prize for Socio Faces; 3rd prize for memory game and Quiz.



COMMEMORATIVE DAYS OBSERVED

World Suicide Prevention Day

A guest lecture by Dr. M. Manjula, Additional Professor at NIMHANS, Bangalore, was organised on 17th September, for the students at the College.



Dr. M. Manjula, additional professor, NIMHANS, addressing students



Student performances at Open Stage

The lecture focused on signs of suicide, risk management and therapeutic interventions; the students also had the opportunity to interact with Dr. M Manjula and ask pertinent questions on suicide prevention. Dr. M. Manjula has worked with adolescents and young adults and conducted extensive research self-injurious behaviours and suicide prevention.

The lecture was followed by *Open Stage*, a showcase event where students expressed their views on mental health and suicide prevention through creative expressions of dance, music, poetry, and theatre.

World Mental Health Day

In observance of World Mental Health Day (10th Oct), the students conducted various activities to reach out to the community and spread awareness about mental health. Each class went out on different days from the 3rd to the 7th of October holding up posters at traffic signals, distributing flyers and conducting other awareness programs.

Marmara with Vimochana



Participants at Marmara

Vimochana, an NGO working towards women's rights held a Marmara – an event for open conversation in collaboration with Sampurna Montfort College.

The event was attended by counsellors and social workers actively engaged in providing rehabilitation to burns survivors. The event was also attended by survivors of suicide, who shared their stories and their journey to recovery and leading fuller lives. Students of MSW from St. Joseph's College also actively participated in the discussion at Marmara.

Children's Day Celebrations

On 12th November Children's Day was celebrated at Montfort College. More than 300 underprivileged children and orphans were invited, and the Montfort students conducted various entertainments programs, games, and other activities to make it a special day for them. Lunch, snacks, and gifts were also provided.



National Girl Child Day – Month-long awareness program

National Girl Child Day is observed on January 24th, with the aim to raise awareness about the importance of girls and women empowerment in India. Sampurna Montfort College has been conducting a month-long awareness campaign about issues faced by girl children and providing various workshops to empower them to effectively deal with gender-based discrimination and to live a more fulfilled life.

Students at Montfort College effectively reached out to the community by interacting with citizens of Bangalore and providing more information on National Girl Child Day, through posters and flyers. Students reached out to people at M.G Road, K.R Puram Railway station, Sivaji Nagar, and Majestic. Flyers with information about free counselling services were also distributed.

Workshops on life skills, personal safety, assertiveness skills, decision making were conducted for girl children at nearby schools. Nearly 5 schools with around 200 students were covered in the workshop to create awareness.

The month-long campaign culminated on the 25th of February 2017, with a half-day program for children from disadvantaged communities. Workshops on personal safety, and 'abuse prevention' were conducted for the children, to equip them with resources to protect themselves.

Women's Day Celebration

On 8th March 2017 a special programme was organised to commemorate the 22nd International Women's Day. Each class took responsibility for the celebration of the day by preparing various items well in advance and taking time to practice. The programme, in full attendance by the staff and students of the institution was inaugurated by nurturing the plant to signify prosperity and growth. It began with a heart touching message about the strength and spirit of women by Dr. Suryarekha. This was followed by a line-up of performances by the different classes that lauded the social, economic, cultural, and political achievements of women, showcased the difficulties faced by them and provided hope for change towards a more equal society. The spoken word poetries and dance performances poignantly brought out the story of what it is like to be a woman in a world fraught with modernity, social challenges, and personal strife. These performances along with other musical deliveries inspired every member of the audience to empower themselves and the society at large. Finally, the videos by the students motivated all to be bold for change.

ALUMNI

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

CONCLUSION

We can take legitimate pride that Sampurna Montfort College has emerged as a reputed centre in India for training Psychologists and psychological counsellors and providing counselling services to individuals, families, NGOs, and educational institutions, and for providing psychological assessment.