



Annual Report

2018-19

Montfort College

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INTRODUCTION

Montfort College, Bangalore – affiliated with **Bengaluru North University** – is an institute for Post Graduate studies offering programs at the master's and Ph. D levels. Its curricula entail teaching, evaluation, therapy, counselling, and research in different sub-disciplines of Psychology. The Motto of Montfort College is “Liberation with Enlightenment.” Though not long-established, Montfort College adapts effectively to cultural diversity and the needs of the youth. The programmes at Montfort College aim at helping and equipping students with both conceptual inputs and direct skills training to recognize, identify and respond effectively to the needs of individuals and social systems in the present society.

Montfort College was established in the year 1995 to offer Post Graduate Diploma in Holistic Psychological Counselling. Since 1998, it has been conducting M Sc. in Psychological Counselling and later, in 2005 M Sc. Psychology was included. Its curricula entail teaching, evaluation, therapy, counselling, and research in different sub-disciplines of psychology.

Montfort College located in Bengaluru city is one of the 160 educational institutions in 20 States of India managed by the Institute of the Brothers of St Gabriel which is the parent organization of the Montfort College Society. The Montfort Brothers of St. Gabriel have been involved in academic, technical, and special education in India since 1903 mostly for the poor and the rural population.

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

Our mission is to train psychologists and counsellors with personal integration and professional competence; to provide contextually relevant, socially inclusive, and affordable mental healthcare support to all in need.

Also, to promote the innovation, communication, and application of psychological science and knowledge to benefit society and improve lives.

VALUES

- ✓ Academic excellence
- ✓ Personal integrity
- ✓ Holistic wellbeing,
- ✓ Highest ethical standards of professional conduct and competence
- ✓ Commitment and service
- ✓ Empathy
- ✓ Respect for diverse views and pluralism within the field and the association
- ✓ Prevention, access, care and sensitivity for patients and compassion for their families.

AIM

We aim to provide mental health and emotional well-being in society as well as the advancement of learning and understanding. We endeavour to train personality integrated, emotionally balanced, professionally competent, socially committed, and empathetic psychologists and counsellors.

OBJECTIVES

We intend to provide an ambience of quiet learning, and friendly and free interaction among students and faculty, to

Achieve adequate mental formation of students towards self-awareness and personal integration.

Achieve excellence in teaching, learning, and research.

Enthuse them in the promotion of holistic mental and emotional health.

Provide experiential and skill-based training.

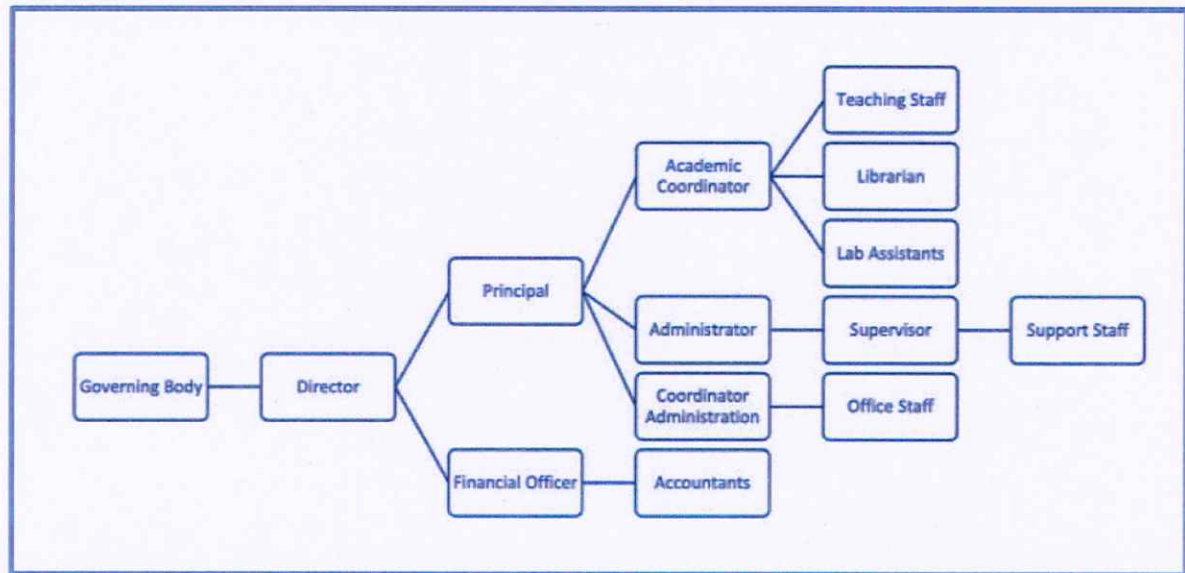
Apply advances in learning and knowledge to the relevant fields of work.

Promote excellence in the fields of psychology and counselling.

Become uncompromising in respect for the individual and develop a genuine feeling of compassion for the marginalized and the needy.

PROFILE OF THE COLLEGE

ORGANOGRAM



GOVERNING BODY

The governing body of the Montfort College Society comprises socially committed leaders of Montfort Brothers of St Gabriel. The decision-making body consisted of the following members for the current academic year:

- Bro. George Palackal Jose, Chairman
- Bro. Mathew Panathanath, Vice President
- Bro. George Padikkara, Secretary
- Bro. Jacob Ezhanikatt, Treasurer
- Bro. Lawrence Joseph, Member
- Bro. Binu Mathew, Member
- Bro. Jenny Kuriakose, Member

GOVERNING COUNCIL

The governing council is the consultative body which brings together a new vision and idea for the growth and effective management of the college. The council consists of committed members from diverse backgrounds with expertise and knowledge in their respective fields.

- Bro. George V J, Principal and Director, Montfort College
- Dr (Bro.) Mathew Panathanath, Former Principal, Montfort College
- Sr Genevieve, former Principal, Mount Carmel College
- Mr. Luckose Vallatharai, Retired Civil Servant and former Education Commissioner
- Prof. K K Seethamma, Former Registrar, Bangalore University
- Prof. H S Ashok, former Chairperson, Department of Psychology, Bangalore University
- Prof. V K Anthony, former Registrar Evaluation, Bangalore University
- Prof V A Mohan Rangam, Advocate
- Bro. Jacob Ezhanikatt, Management Representative, Montfort College
- Prof. S V Suryarekha, former Principal i/c, Montfort College
- Dr Tony Sam George, Dean of Humanities, Christ University
- Ms. Sritha Sandon, Associate Professor and IQAC coordinator, Montfort College
- Ms. Saritha Mathew, Coordinator Administration, Montfort College

IQAC

IQAC is the heart of the college in the functioning of day-to-day activities. The IQAC ensures quality addition in all the aspects of teaching and learning, academic and non-academic activities of the college. IQAC comes together once in three months to plan, evaluate, and execute various plans. From time-to-time IQAC inspires and motivates the management, faculty, and students in all aspects. It also organizes various events in line with the vision and mission of the college. It is composed of members from the management, faculty, alumni, and external experts.

- Bro. George V J, Principal and Director, Montfort College
- Dr (Bro.) Mathew Panathanath, Former Principal, Montfort College
- Bro. Jacob Ezhanikatt, Management Representative, Montfort College
- Prof. S V Suryarekha, former Principal i/c, Montfort College
- Ms Sritha Sandon, Associate Professor and IQAC coordinator, Montfort College
- Ms Saritha Mathew, Coordinator Administration, Montfort College
- Ms Sneha Menon, Student Representative
- Sr Genevieve, former Principal, Mount Carmel College
- Dr Tony Sam George, Dean of Humanities, Christ University
- Prof. Molly Joy, HOD, Dept. of Psychology, Kristu Jayanti College
- Ms Karuna Bhaskar, Founder & Director, Resilience Works
- Ms Sangeetha Reddy, Alumnus, Montfort College

FACULTY DETAILS

During the current academic year, 11 faculty members were part of the institution.

Sl. No.	Name	Designation
1	George V J	Principal
2	S V Surya Rekha	Professor
3	Sritha Sandon	Associate Professor
4	Visalakshi Sridhar	Assistant Professor
5	Maxim Pereira	Assistant Professor
6	P Sudhamayi	Assistant Professor
7	Sudharshan Hebbani	Assistant Professor
8	Swati Pathak	Assistant Professor
9	Kusum Gulati Chawla	Assistant Professor
10	Meera S Neelakantan	Assistant Professor
11	Lalropuii Chawngthu	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

- Aradhana Mohan, President
- Lancecot Christen, Event Secretary
- John Lavanya, Sports Secretary
- Soorya O, Treasurer

Internal Complaints Committee

Committee members of the ICC orient the students during the induction programme on the roles and responsibilities of the committee. Gender sensitivity programmes are organised with the help of the ICC. Once in a semester the ICC meets to discuss the issues and concerns of students.

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.

Caste Based Discrimination

In line with the notification, from the Registrar, Bengaluru University regarding the prevention of caste-based discrimination; Montfort College (MC) hereby places on record its commitment to strive toward preventing caste-based discrimination in all its academic activities. Specifically, MC is committed to ensuring that all officials and staff members will refrain from any act of discrimination against SC/ST students on grounds of their social origin. Anybody who experiences or comes to know of any caste-based discrimination in the College is requested to immediately bring it to the notice of the authorities or to the cell for prevention of caste-based discrimination. Any kind of discrimination based on caste, creed, religion, language, ethnicity, gender, or disability (Under the Prevention, Prohibition and Redresser Act) is prohibited in Montfort College. MC will be sensitive while dealing with incidents of caste discrimination and strict action will be taken against such cases.

National Service Scheme

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

Placement

The college placement cell forms a liaison between students and various organizations working in the field of mental health. The cell organizes campus recruitment to provide students with career opportunities. The cell also notifies students regarding various placement opportunities through the notice board and via e-mail.

Equal Opportunity Cell

Equal Opportunity Cell functions to create a socially congenial atmosphere for academic interaction and for the promotion of healthy interpersonal relationships among the students coming from various social backgrounds. It also provides guidance to students about different welfare programmes. It empowers the students to face the challenges of life.

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.

Red Cross

Blood donation camp and a medical health check-up was organised by the Red Cross Club of the Montfort College.

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.

Newsletter & Documentation

The newsletter and documentation committee published the annual magazine Elixir and documented and reported the events held in the academic year.

CURRICULAR DESIGN AND DEVELOPMENT

ACADEMIC PROGRAMMES

- **MSc in Psychological Counselling:** The purpose of MSc Psychological Counselling is to prepare master's level Counselling Psychologists with academic, professional, and personal credentials, prepare and pursue academic research, develop skills training and integration.
- **MSc in Psychology:** 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.

VALUE ADDED/ CERTIFICATE COURSES

- **Certificate course in Counselling Psychology (Full time/Part-time):** This course is a practical and stimulating course for those in the field of helping and caring professions which offer guidance and support. The course teaches the correct application of counselling skills through classroom teaching as well as practical guidance. Moreover, the participants also will be trained in actual counselling through practical requirements. This programme will benefit anyone who works in formation, social welfare, education, health, human resource, management, and various other professions. Along with providing a solid foundation in counselling skills and application of the same to various populations like children, adolescents, youth and the aged, this course also incorporates the application of Life Skills.
- **Diploma Course in Psychodrama:** DCP has been proven to promote creativity and social skills and empathy. DCP is action-based and enhances human interaction. This is how Psychodrama consolidates and extends its own counsellors' role. After graduating in

DCP in advanced studies the DCP students can go for CP (Psychodrama Director – certified practitioner in psychodrama, 880 training hours).

Certificate programme in Art Based Therapy: Art therapy is a type of psychotherapy that utilizes art and artistic mediums to help people explore their thoughts and emotions in a unique way. The idea behind this type of therapy is to use art as a primary means of communication, something that can be useful for those who find it difficult to verbalize their feelings. Being practical and using physical objects, such as paintbrushes and paper, often helps people to feel more connected to the world around them; (by use of art) standards of practice in the art therapy field.

WORKING SYSTEM OF THE COLLEGE

In the academic year 2018-2019, the first semester started on 23 August 2018 with a blended learning mode. The third-semester students started their academic year on 02 August 2018 with an orientation program. Montfort College follows a semester system for all programs. Classes are scheduled from Monday to Friday from 08:55 am to 04:30 pm and on Saturday from 08:55 am to 01:00 pm. The second Saturday is normally a holiday.

CALENDAR OF EVENTS

DATE	EVENT
02-08-2018	Arrival of 3rd Semester Students for Classes
02-08-2018 to 03-08-2018	Visit of Superior General, Montfort Brothers
6-08-2018 to 11-08-2018	Group Therapy for PC 3rd Sem
07-08-2018 to 10-08-2018	Workshop on Counselling Students for students from St. Anne's group of schools
08-08-2018	Submission of Semester Calendars and CIA plans for 3rd semester
14-08-2018	Submission of CFE Calendar for all classes
15-08-2018	Independence Day
16-08-2018	IQAC meeting

18-08-2018	FULL WORKING DAY: Compensation for Monday 22.10.18
22-08-2018	Bakrid
23-08-2018	Classes commence for 1st Sem PC and Psy
25-08-2019	Guest Lecture on Rehabilitation by Dr Simi Srivastava
27-08-2018	Announcement of Student Council Elections
28-08-2018	Submission of Semester Calendars and CIA plans for 1st semester
31-08-2018	Formal Inaugural of MSc programs under Bangalore North University
03-09-2018	Guest Lecture
04-09-2018	Teachers' Day
10-09-2018	World Suicide Prevention Day
13-09-2018	Varasiddhi Vinayaka Vritha
15-09-2018	Workshop by IYF
15-09-2018	FULL WORKING DAY: Compensation for Monday 23.10.18
17-09-2018	Student Council Elections
19-09-2018	Subcommittee meeting of FCC
20-09-2018	International Peace Day
21-09-2018	Moharam
24-09-2018 to 29-09-2018	Block Practicum for 3rd sem MSCP
28-09-2018	Suicide Prevention Awareness
01-10-2018	Guest Lecture on Gender Sensitivity
01-10-2018	Health and Hygiene Awareness: FDP for Support Staff
02-10-2018	Gandhi Jayanthi
08-10-2018	Mahalaya Amavasya

09-10-19 to 15-10-19	Mental Health and Suicide Prevention Awareness Activities by the different classes
10-10-2018	World Mental Health Day and Psycho-exhibition: Prabuddha Manasa
13-10-2018	IQAC Meeting
18-10-2018	Mahanavami
19-10-2018	Vijayadashami
22-10-2018 to 23-10-2018	Compensated on 18.8.18 & 15.9.18
24-10-2018	Maharishi Valmiki Jayanthi
Last week of Oct	NSS Camp for 3rd semester students
31-10-2018	Workshop
01-11-2018	Karnataka Rajyotsava
06-11-2018	Naraka Chathurdashi
08-11-2018	Bali Padyami/Deepavali
17-11-2018	Children's Day Celebration (Bala Mela)
21-11-2018	Eid- Milad
22-11-2018	Governing Council Meeting and Submission of Final CIA marks for 3rd Sem
24-11-2018	Walkathon: Awareness for Mental Health
26-11-2018	Kanakadasa Jayanthi
28-11-2018 to 29-11-2018	Two day Workshop
28-12-2018 to 29-12-2018	International Conference on Frontiers of Consciousness
04-01-2019 to 05-01-2019	Faculty Development Workshop on Supervision
17-01-2019	IQAC Meeting
05-02-2019	Commencement of 4th semester
06-02-2019 to 18-02-2019	4th sem PC – Practicum, and 4th sem Psy – Internship
19-02-2019	Commencement of Classes for 4th sem BU and 2nd sem BNU

19-02-2019	Guest Lecture on Life Skills by Mr. Philip Koshy
21-02-2019	International Mother Language Day
04-03-2019	Maha Shivaratri
08-03-2019	IQAC Meeting; and Women's day celebrations
16-03-2019	Kairos
19-03-2019	Food fest and Campus recruitment
26-03-2019	Bone Marrow Registry
06-04-2019	Chandramana Ugadi
17-04-2019	Mahavir Jayanti
19-04-2019	Good Friday
20-04-2019	Holy Saturday
23-04-2019	Blood donation camp
27-04-2019	National Symposium on Challenges for Psychosocial Practice in the 21st century and felicitation of Dr. H S Ashok
28-04-2019	Feast of St. Montfort
01-05-2019	May Day – HOLIDAY
07-05-2019	Basava Jayanti
08-05-2019	Workshop
09-05-2019	Farewell for outgoing students
10-05-2019	Workshops on Play Therapy by Mina Dilip and on Couples Therapy by Sarayu for Alumni and Alumni Meet
11-05-2019	Graduation and PTM
24-05-2019	Submission of Final CIA for 4th Semester
31-05-2019	Submission of Final CIA for 2nd Semester
03-06-2019	Last day for submission of final bound research project reports, practical records for 4th semester
05-06-2019	Qutub-e-Ramzan

08-06-2019	Last working day for 4th Semester
10-06-2019	Last day for submission of final bound practical records for 4th semester
15-06-2019	Last working day for 2nd Semester
17-06-2019 to 18-06-2019	Two-Day Play Therapy Workshop
17-06-2019	Theory and Practical Exams Commence 4th Semester
24-06-2019	Theory and practical Exams Commence 2nd Semester
29-06-2019	Theory and practical Exams End 4th Sem
08-07-2019	Theory and practical Exams End 2nd Sem
01-08-2019	Commencement of 1st and 3rd semesters

ADMISSION PROCESS AND STRENGTHS

The admission process for the year 2018-19 included an entrance test and interview for all the applicants. The admission process started in the month of May and 114 applications were received for MSc Psychology and 139 for MSc Psychological Counselling under the Management quota. 30 students were selected for each course after the proper procedure from the management's end. 30 students for each course joined through University Admissions.

INFRASTRUCTURE

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

The courses adopt an ICT-enabled teaching-learning process. Faculty make use of teaching aids like models, charts, animations, games, puzzles, etc. Classrooms and labs are furnished with

blackboards and whiteboards 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 a one-way mirror for training and supervision. There are 16 classrooms on campus and 8 and 12 restrooms for men and women respectively. The college uses internet services provided by ACT Enterprise. The campus is safe and secure with 26 CCTV cameras and 24X7 security present on campus. The campus is completely walled and has solar lighting.

LIBRARY DETAILS

The library is an integral component of the institution ever since its inception in 1998. The library offers vital support for teaching, learning, and research activities of the College by disseminating knowledge and offering modern services to the academic fraternity. The college library is well equipped with close to 8000 textbooks, e-books, and research articles from e-journals, encyclopaedias, journals, and a variety of reading material. In addition, the college also subscribes to an online reading library. The library is normally open all weekdays from 8.30 a.m. to 5.30 p.m. except Sundays and Government holidays.

COMPUTER LAB

The college computer lab has systems for student use with internet and printing facilities. The lab is normally open all weekdays from 8.30 a.m. to 5.00 p.m. except on Government holidays. The college has Wi-Fi internet access for all students.

PSYCHOLOGY LABORATORY

The college has a well-equipped Psychology Lab to enable the students in learning and research. The psychology lab is an area where students can learn the use of various tests and assessments to be effective Psychologists. Specially designed assessment rooms provide students with the opportunity to conduct assessments in a standardized and conducive atmosphere.

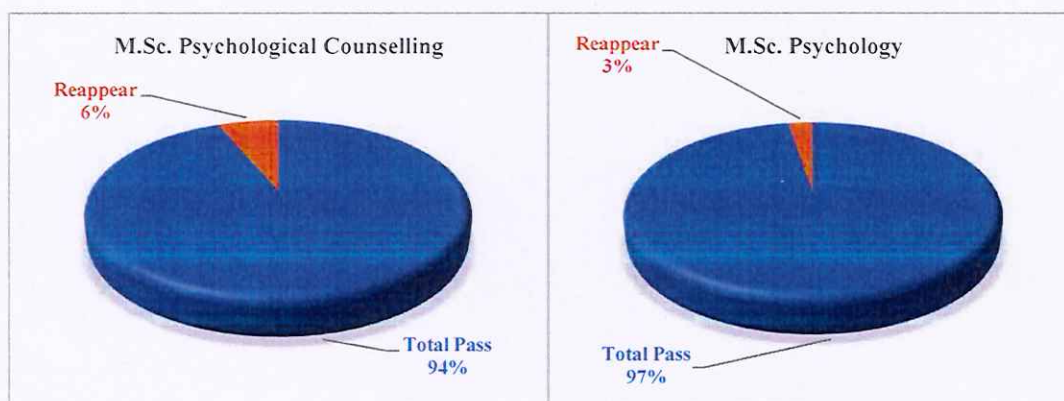
ACADEMIC PERFORMANCE

Rank Holders

For the batch of 2017-19 the following were the rank holders: Psychological Counselling students Sneha Menon (81.88%), Shilpa M A (80.54%), Vanshika Sharma (80.54%), Sonali Shenolikar (80.27%), Trishi Agarwal (80.12%), Aradhna Mohan (80%), and Psychology students Ashwini Yogesh Mankikar (80.88%), Harshita Singh (78.92%), Suman Grigary Thomas (78.88%), Alfia Kauser (78.73%), and Shubha K Rao (78.58%).

Result Analysis

Program	M.Sc. Psychological Counselling	M.Sc. Psychology
No. of Students Appeared	32	39
Total Pass	30	38
Percentage	93.7	97.4



Program	M.Sc. Psychological Counselling	M.Sc. Psychology
Outstanding	1	0
First Class Exemplary	15	13
First Class Distinction	13	24
First Class	1	1
University Ranks Obtained	I, II, III, IV & V	I

MOU SIGNED WITH OTHER INSTITUTIONS

The institution collaborates with other institutions for the growth and development of students. Students work with these institutions for their internships, practicums, workshops, placements, and webinars. Along with that faculty development and exchange also takes place with the help of these institutions. Consultancy and collaboration with these institutions are helpful for the all-around growth of the college.

NATIONAL SYMPOSIUM 2019

Montfort College hosted a One-day National Symposium on Challenges for Psychological Practice in the 21st Century on the 27th of April 2019. The chief guest for the event was Professor T. D. Kemparaju, Vice Chancellor of Bengaluru University and Dr. Srinivas, Co-ordinator of Department of Psychology, Bengaluru University. The first half of the event witnessed a keynote address by Dr. H.S. Ashok, Professor of Psychology, Bengaluru University and a Panel Discussion by Dr. Chaitanya Sridhar, Sports Psychologist and Dr. Ashwini Ganig, Founder, Muktha Foundation, as the panellists, which was moderated by Dr. Sudha Bhogle, Head, Educafe Students' Solutions. The second half of the event included the felicitation of Dr. Ashok for his ardent, dedicated, and selfless contributions to the department of Psychology at Bengaluru University (North).

INTERNAL QUALITY ASSURANCE ACTIVITIES

IQAC plays its role in preparing the events and programs. During the reporting year, the following initiatives were facilitated.

1. International Conference on Frontiers of Consciousness from 28.11.2018 to 29.11.2018 attended by 200 participants.
2. Faculty Development Program Certificate Course in Clinical Supervision from 04.01.2019 to 13.01.2019 attended by 18 teaching staff.
3. Orientation to students regarding online MOOC courses they could take for skill enhancement on 21.01.2019 attended by 71 participants.
4. National Symposium on "Challenges for Psychological Practice in the 21st Century" on 27.04.2019 attended by 140 participants.
5. Received approval and implemented a new curriculum with professional and practical thrust for both the MSc courses from 23.08.2018 to 15.06.2019 attended by 84 students.

FACULTY DEVELOPMENT PROGRAM ORGANIZED FOR STAFF

Numerous professional development programs were organized for teaching and non-teaching staff at Montfort College. The faculty of the institution took an active part in these programs and those held outside the institution as well.

1. Faculty Development Programme on "Hygiene and Health" was conducted on 01.10.2018. 9 non-teaching staff participated in the programme.
2. Faculty Development Programme on "Stress Management" was conducted on 18.01.2019 and 19.01.2019. 8 non-teaching staff participated in the programme.
3. Workshop on How to Recognize and Interact with (Mild) Intellectually Disabled People was held on 28.11.2018 and 29.11.2018. 8 staff participated in the programme.

FACULTY DEVELOPMENT PROGRAM ATTENDED BY TEACHING STAFF

1. Faculty Development Program on Student Engagement Strategies in Today's Digital World from 17.06.2019 to 18.06.2019 was attended by 6 teaching staff.
2. Ms Sritha Sandon attended a faculty training on Teaching for Inquiry and Innovation from 23.10.2018 to 25.10.2018.
3. Certificate Course in Clinical Supervision from 04.01.2019 to 06.01.2019 and 11.01.2019 to 13.01.2019 was attended by 12 teaching staff.

PAPER PUBLISHED BY FACULTY MEMBERS

1. Shenolika S & Hebbani S published a paper on "The check points for lateral thinking in enhancing the quality of education in India" in International Journal of Indian Psychology, 2019.
2. Bhattacharya A & Hebbani S published a paper on "Exploring the possibilities of incorporating Indian logic in modern academia" in International Journal of Sanskrit Research, 2019.
3. Bhutoria K & Hebbani S published a paper on "Embodied Cognition: Dance, Body and Mind" in International Journal of Sanskrit Research, 2019.
4. Hebbani S, Pradeep J, Selvam S & Srinivasan K published a paper on "Influence of Socio-Cultural Factors on the Emotional Problems among College Going Young-Adult Children of Parents with Alcoholism: A Study from South India" in Asian Journal of Psychiatry, 2019.

CELEBRATION OF NATIONAL & INTERNATIONAL FESTIVALS, DAYS, AND EVENTS

NATIONAL & INTERNATIONAL FESTIVALS, DAYS, AND EVENTS

Montfort College celebrated national and international festivals, days, and events. For the academic year 2018-19, the following events were held.

World Mental Health Day and Prabuddha Manasa

The intercollegiate fest of Montfort College, Prabuddha Manasa, was held on 16th March. It was a day-long program with various cultural events like Street Play, Group Dance, Group Discussion, Photography, Poster Making and Open Mic. In addition, since the need for prevention and awareness of suicide has increased, the theme for the event was chosen to be "Suicide Prevention and Awareness."

Bala Mela 2018

On the 17th of November 2018, 336 eager, excited, and enthusiastic children from various orphanages and Children's Homes across Bengaluru visited Montfort College to celebrate the Bala Mela. CFI (Child Focus India) moderated the events with the main aim to empower children through pep talk, friendly, and interactive sessions. The theme chosen by CFI was "DREAM." The story station, puppet show, tree top station, games station and mission station and pep talks focused on dream "It's the force within you."

Sports Day 2019

At Montfort, one's overall development is emphasized. Individuals are encouraged to participate in various activities throughout the year. The Annual Sports month began in the month of February, which created a platform for students to display their athletic skills. The theme for this year was "Rainbow wars" for which students and staff were divided into four teams - Red, Blue, Yellow, and Green.

Independence Day

Independence Day celebrations at Montfort College encompassed a two-day event, on 15th August 2018. It commenced with the traditional “Flag Hoisting Ceremony” by the principal, Bro George Padikkara, symbolizing respect and honour.

Republic Day

Republic Day was commemorated at Montfort College on the 26th of January 2019. The national flag was hoisted with the singing of patriotic songs.

World Suicide Prevention Day

To mark World Suicide Prevention Day at Montfort College, 37 students participated in a street play at Gopalan Signature Mall, Old Madras Road on 28.09.2018 at 4:00 pm to raise awareness to the public.

Ethnic Day

Ethnic Day at Montfort College was observed on 1st September 2018. The staff and students dressed in traditional attire. The college was filled with happy faces, love, and laughter.

Women’s Day

International Women’s Day was celebrated at Montfort College on the 8th of March 2018. The entire college came together and love and respect for the women was expressed through various forms of art such as music, dance, and poetry. The men of the college dedicated a performance to show their respect for women and to celebrate their day. The women expressed their emotions and feelings associated with being a woman in our society through rap, poem, instrumental music, song, and dance.

Pride and Mismatch Day

Pride and Mismatch Day was conducted at Montfort College by the active efforts of the student council. The guest speaker for the event was Mrs Mangai Arasu - an academican, theatre artiste and a social activist. She has also authored many books on women empowerment.

ALUMNI

Montfort College had an Alumni Association right from its first batch of graduate students. The association aims to create a powerful network to facilitate the college as well as support the students and the society at large. The association has Governing Body consisting of President Bro. George Padikkara, Mr Maxim Pereira as Vice President, and Ms Vaaruni Sundar as Treasurer. The Alumni offers counselling services and supervision to the current students.

EXTENSION ACTIVITIES

Extension activities are an integral component of programmes organized at Montfort College. Staff and students make efforts to contribute and help the community through various extension activities to promote mental health awareness. The NSS unit, Red Cross Club, and Montfort College Family Counselling Centre organised various following programs during the year 2019-20.

1. 43 people donated blood in a blood donation drive held jointly by Red Cross Club and the organisation Little More Love (LML). Trained doctors were present to conduct the camp. The donors were given fruit juice and a few biscuits after the blood was drawn.
2. A Medical health Check-up Camp 'WellCare' was organized for people with physical disability in the Kothanur centre of Association of People with Disability. Free medicines were provided and referrals & follow up services were also provided. 139 people participated in the camp.
3. A workshop on menstrual health and hygiene among early adolescent girls was conducted at Holy Cross School, Indira Nagar, Bangalore by the FCC unit and the NSS unit in collaboration with Dominican Sisters Social Service Society. The NSS volunteers presented a session using videos on the importance of hygiene and its role in mental health.
4. 51 students from Montfort College studying in their second year of M.Sc. Psychology and M.Sc. Psychological Counselling took part in the NSS Camp organised from the 28th of October to the 3rd of November. The program aimed to provide relief and support to the flood affected residents of Madikeri, Kodagu district, Karnataka. The NSS camp was

assigned a total of 6 schools in the vicinity of Madikeri, by the Madikeri Department of Education.

5. Montfort College Family Counselling Centre conducted a workshop on 'Self-Concept and Gender Sensitization' for 8th Standard Students of Holy Shepherd School, Indira Nagar, Bangalore on 21st November 2018 from 8:30 A.M. - 2:30 P.M.
6. Flood relief services were organised from 26th August 2018 to 31st August 2018 by Montfort College in collaboration with BODHANA, Thiruvalla Social Service Society and Puloor Medicals, Kozhencherry. The volunteers put tireless efforts with the guidance of faculty and Counsellors Mr Thomas Abraham and Ms Preetha Thomas.
7. An awareness activity was conducted by the FCC and the NSS unit of Montfort College among slum women attending Self Help Group meeting attending at St. Philomena's social service society, Bangalore. The session focussed on health, psychosocial and legal aspects.
8. An awareness campaign on mental health was conducted by Montfort College as part of its extension activities in association with District Family Welfare Department, Dept. of Govt. Of Karnataka organised "Arogyamela-2019" held at Sir. C.V. Raman General Hospital on 5th March 2019. The event emphasised on the following objectives: 1. To conduct various activities for women in association with International Women's Day. 2. To provide health counselling, especially focusing on family welfare aspects including legal awareness.
9. As part of the extension activity of Montfort College, an occupational therapy session was conducted on 5th January 2019 by Ms. Preetha Thomas along with three student volunteers. The participants were patients at Manasa-Kendra Psychiatric Centre.

Montfort College made great strides in this academic year. The college is grateful to all those who have directly and indirectly contributed to the success. The college's motto "Liberation with Enlightenment" will guide the functioning of the institution to reach greater heights.