



Annual Report

2019-20

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 level. 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.

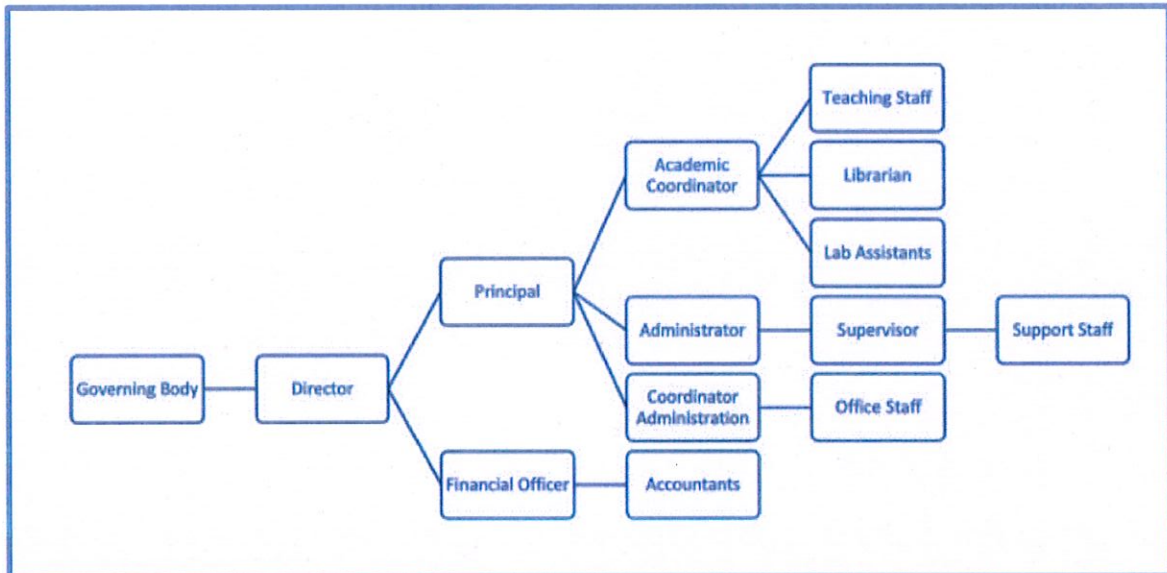
Apply advances in learning and knowledge to the relevant fields of work.

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. Jenny Kuriakose, Vice President
- Bro. Mathew Panathanath, Secretary
- Bro. Augustine Novello, Treasurer
- Bro. Lawrence Joseph, Member
- Bro. Sebastian Antony Samy, Member
- Bro. Varghese K J, 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.

- Dr (Bro.) Mathew Panathanath, Director, Montfort College
- Dr (Bro.) Victor Raj, Principal, Montfort 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
- Sri V A Mohan Rangam, Advocate
- Prof. S V Suryarekha, former Principal i/c, Montfort College
- Bro George V J, Former Principal and Director, 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.

- Dr (Bro.) Victor Raj, Principal, Montfort College
- Dr (Bro) Mathew Panathanath, Director, Management Representative
- Prof. S V Suryarekha, former Principal i/c, Montfort College
- Ms. Sritha Sandon, Associate Professor and IQAC coordinator, Montfort College
- Mrs. Visalakshi Sridhar, Assistant Professor, Montfort College
- Bro. Sebastian Antony Samy, Administrator
- Ms. Saritha Mathew, Coordinator Administration, Montfort College
- Ms. Aparna Rajeev, Student Representative
- Bro George V J, Former Principal and Director, Montfort 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
- Dr Ashwini N V Ganig, Founder & Director, Mukta Foundation and Alumni
- Dr Lily David, Retd. Professor, Parent

FACULTY DETAILS

During the current academic year, 13 faculty members were part of the institution.

Sl. No.	Name	Designation
1	Victor Raj	Principal
2	Sritha Sandon	Associate Professor
3	Visalakshi Sridhar	Assistant Professor
4	Maxim Pereira	Assistant Professor
5	P Sudhamayi	Assistant Professor
6	Sudharshan Hebbani	Assistant Professor
7	Swati Pathak	Assistant Professor
8	Kusum Gulati Chawla	Assistant Professor
9	Meera S Neelakantan	Assistant Professor
10	Lalropuii Chawngthu	Assistant Professor
11	Annet Shaju	Assistant Professor
12	Aswini Tadpratkar	Assistant Professor
13	Radhika K	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

- Ashish Mathew, President
- Sanjushree V H, Treasurer
- Tarika Eknath Kannan, Event Secretary
- Kanica Bhutoria, Sports Secretary
- Jumanah F Umer, Class Representative
- Pavithra D, Class Representative
- John Lavanya, Class Representative
- Annabelle Pais, Class Representative

Internal Complaints Committee

Committee members of the ICC oriented the students during the induction programme on the roles and responsibilities of the committee. Gender sensitivity programmes were 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.

Photography Club

The photography club helps in capturing the vibrancy of the campus and the events that take place. From the proud faces during the investiture ceremony, to the nostalgic smiles from bidding goodbye to children from children's day, the photography club captured Montfort's emotions and helped make them into memorable stories.

Poetry Club

The poetry club was named "Spoken Worth" and conducted 5 meetings in the academic year. Spoken Word poetry as an art form, has held its own as an instrument of not only voicing out one's personal stories but also channelling change through relatability, much like the dominoes effect. Authentic pieces of poetry were shared across the conducted sessions which were attended by an enormous number of students.

Music Club

Montfort College music club was actively involved in the college activities for the current academic year. Members of the club sang for various events held on campus and represented the institution as a choir at Magnificat, the annual Christmas Celebration Event at Christ University. The members hailed from diverse backgrounds and age groups and yet when they came together the sound was in harmony.

Social Media Club

The social media club of Montfort College is a student-led team. For the year 2019-20, Soorya O and Anjali P were elected as the President and Secretary, respectively. The other members of the club oversaw various activities such as live streaming during events, posting on social media pages of the institution, content writing including captions, social media stories, and responding to messages and comments. Regular meetings were held to incorporate the innovative ideas and to keep a check on the functioning of the pages.

Red Cross

Blood donation camp was organised by the Red Cross Club of Montfort College along with other events related to health and well-being.

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 2019-2020, the first semester started on 30 August 2019 with a blended learning mode. The third-semester students started their academic year on 16 August 2019 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
05-08-2019 TO 12-08-2019	GROUP THERAPY FOR 3rd PC
09-08-2019	Varamahalaksmi Vrata and GROUP THERAPY FOR 3rd PC
12-08-2019	Bakrid/ GROUP THERAPY FOR 3rd PC
13-08-2019	PC Students to find sites for Practicum
14-08-2019	Commemoration of India's Independence
15-08-2019	Independence Day
16-08-2019	Commencement of classes for 3rd-semester Psychology and Counselling Psychology
29-08-2019	Fit India Movement
30-08-2019	Commencement of classes for 1st-semester Psychology and Counselling Psychology

02-09-2019	Varasiddhi Vinayaka Vratha
05-09-2019	Teacher's Day
09-09-2019	Observation of World Suicide Prevention Day
10-09-2019	Moharam
16-09-2019	Observation of World Peace Day
23-09-2019	Student Council Elections
28-09-2019	Mahalaya Amavasya
01-10-2019	Ethnic day and cultural fest
02-10-2019	Gandhi Jayanthi
07-10-2019	Mahanavami
08-10-2019	Vijayadashami
10-10-2019	Observation of World Mental Health Day
29-10-2019	Bali Padyami
31-10-2019	Observation of Kannada Rajyotsava
01-11-2019	Karnataka Rajyotsava
11-11-2019	Kairos, intercollegiate fest
15-11-2019	Kanakadasa Jayanthi
29-11-2019	Verification of FINAL Internal Assessment marks by students of 3rd semester
16-11-2019	Children's Day Celebration
04-12-2019	Submission of FINAL Internal Assessment marks for 3rd semester
06-12-2019	Submission of Semester checklist by teachers for 3rd semester
12-12-2019	Winter Fest and Christmas Celebrations
19-12-2019	Verification of FINAL Internal Assessment marks by students of 1st semester
20-12-2019	Tentative Last working day for 3rd semester

24-12-2019	Submission of FINAL Internal Assessment marks for 1st semester
25-12-2019	Christmas Day
27-12-2019	Submission of Semester checklist by teachers for 1st semester
04-01-2020	Tentative Last working day for 1st semester
24-01-2020	National Girl Child Day
26-01-2020	Republic Day
08-02-2020 to 12-02- 2020	Practical Exams for 1st semester
15-02-2020	FDP on Outcome Based Evaluation
17-02-2020	Commencement of 2nd and 4th semester classes
18-02-2020 to 29-02-2020	Internship for 4th semester students, online learning for 2nd semester students
21-02-2020	Maha Shivaratri
02-03-2020	Orientation to 2nd and 4th semester students on academic and other matters
05-03-2020	National Conference
06-03-2020	National Conference
09-03-2020	International Women's Day
09-03-2020 to 13-03-2020	Olympia '19 Sports Week
10-03-2020	FDP on Teaching-Learning-Evaluation
11-03-2020	FDP on Teaching-Learning-Evaluation
23-03-2020 to 31-03-2020	1st round of CIE for 2nd and 4th semesters
25-03-2020	Ugadi
06-04-2020	Mahavir Jayanti
10-04-2020	Good Friday
11-04-2020	Holy Saturday
12-04-2020	Easter Sunday
14-04-2020	Dr Ambedkar Jayanti

26-04-2020	Basava Jayanti
27-04-2020 to 02-05-2020	2nd round CIE for 2nd and 4th semesters and Submission of mid-term committee reports to IQAC
01-05-2020	May Day
16-05-2020 to 23-05-2020	3rd round of CIE for 2nd and 4th semesters
25-05-2020	Qutub E Ramzan
27-05-2020	Verification of final CIE marks by students of 2nd and 4th semesters
01-06-2020	Submission of end-term committee reports to IQAC
03-06-2020	Display of final CIE marks on notice board
05-06-2020	Submission of semester checklist and Farewell to 4th-semester students
06-06-2020	Commencement Ceremony and Parent-Teacher Meeting
11-06-2020	Last working day for 2nd and 4th semesters and Submission of Final CIE marks to the University
12-06-2020 to 18-06-2020	Study holidays
19-06-2020 to 07-07-2020	Final Exams (Theory and Practical) for 2nd and 4th semesters
13-07-2020	Commencement of 3rd-semester classes

ADMISSION PROCESS AND STRENGTHS

The admission process for the year 2019-20 included an entrance test and interview for all the applicants. The admission process started in the month of May and 104 applications were received for MSc Psychology and 169 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. During the COVID-19 pandemic, the rooms, washrooms, and entrance of the college were regularly sanitized for the health and safety of the students, faculty, and other staff.

Gitsy, Zoom, and Google Meet were used during the pandemic for online teaching-learning. Google Classroom was used for the dissemination of class content.

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 more than 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.

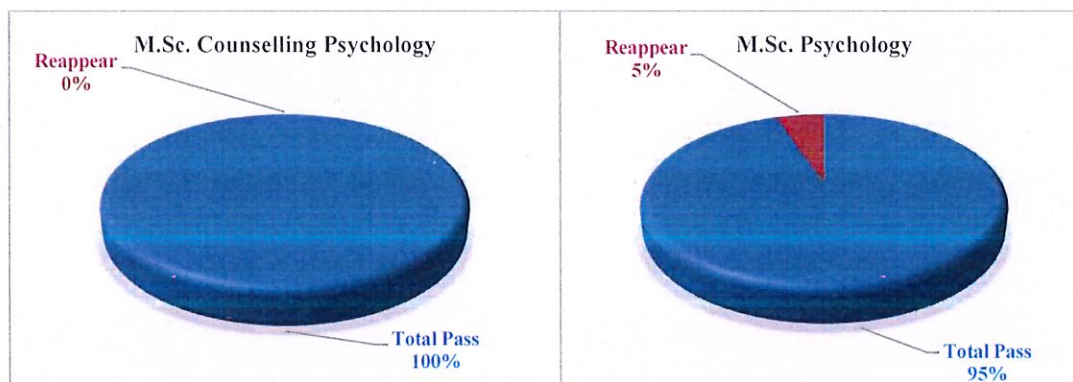
PSYCHOLOGY LABORATORY

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

Result Analysis

Program	M.Sc. Counselling Psychology	M.Sc. Psychology
No. of Students Appeared	44	38
Total Pass	44	36
Percentage	100	95



Program	M.Sc. Counselling Psychology	M.Sc. Psychology
First Class Exemplary	5	3
First Class Distinction	34	24
First Class	5	9
University Ranks Obtained	I, II, III, IV & V	I, II, III, IV & V

ACADEMIC ACHIEVEMENTS

- Best Paper Award for Scientific Paper was awarded to a paper presented by Diya Mahesh and Sakina S Saraiya on “Self-Compassion and Altruism: How Closely are they Related” at the National Conference on Mental Health and Well-Being organized by Department of Psychology, PSG College of Arts and Science, Coimbatore, Tamil Nadu, on the 13th and 14th of March 2020.
- Paper presented by Soorya O and L Roopa under the guidance of Radhika K, PhD, Assistant Professor on “Relationship satisfaction and emotional intimacy in non-heterosexual men: A comparison between online and offline dating” at the National Conference on Mental Health and Technology in a Changing World on the 6th and 7th of March 2020.
- Paper presented by Shubhangi More and Zeba Asif on “Understanding the experience of counselling from the client’s perspective” at the National Conference on Mental Health and Well-Being organized by Department of Psychology, PSG College of Arts and Science, Coimbatore, Tamil Nadu, on the 13th and 14th of March 2020.
- Paper presented by Pavithra D on “Influence of Technological Tool Use on Social Life and Well-being” at the National Conference on Mental Health and Technology in a Changing World on the 6th and 7th of March 2020.

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.

Sl. No.	Organisation	Date of MoU signed
1	Spastics Society of Karnataka (Centre for Development Disabilities)	19.07.2019
2	District Child Protection Unit, Department of Women & Child Development, Bengaluru Urban District	20.08.2019
3	The South Indian Bank Limited	26.02.2020
4	Society for Community Health Awareness, Research and Action (SOCHARA)	21.05.2020
5	South Indian Bank Limited	29.05.2020
6	Mission Vishwas Foundation	06.07.2020
7	Lewis & Clark Graduate School of education and Counselling	25.07.2020
8	Vedadramama India Pvt., Ltd.,	20.08.2020
9	Spastics Society of Karnataka (Centre for Development Disabilities)	31.08.2020
10	ERNET India	05.09.2020
11	Antidote Mental Health, Bengaluru	15.09.2020

NATIONAL CONFERENCE 2020

Montfort College hosted a Two-day National Conference on Mental Health and Technology in a Changing World on the 6th-7th of March 2020. Prof. T.D. Kemparaju, Vice-Chancellor, BNU & Dr H.S. Ashok Rtd. Chairperson Dept, Psychology, BU; Dr Anil Joseph Pinto, Registrar, Christ Deemed to be University, Rev. Bro. Dr George P.J. Provincial Superior, Bengaluru Province of Montfort Brothers & Bro. Dhana Raj, National Secretary of Montfort Brothers, India graced the inaugural ceremony with their presence. Oral paper presentations and poster presentations were conducted as a part of the conference. Workshops and keynote presentations, as a part of the conference, were engaging and interactive.

INTERNAL QUALITY ASSURANCE ACTIVITIES

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

1. Workshop on Psychodrama facilitated by Prof. Dr Jochen Breker-Ebel on 12.08.2019 attended by 57 participants.
2. Faculty Development Programme on "Outcome Based Education" was conducted on 15.02.2020. 18 teachers participated in the programme.
3. KAIROS - An Intercollegiate Fest was held on 11.11.2019 with 190 participants.
4. Faculty Development Programme on "Outcome Based Teaching-Learning" was conducted on 27.02.2020. Ten teachers participated in the programme.
5. National Conference Mental Health and Technology in a Changing World was held from 06.03.2020 to 07.03.2020 with a participation of 150 people.
6. Faculty Development Programme on "Self Directed Learning and Assessment & Evaluation" was conducted on 10.03.2020. 23 teachers participated in the programme.
7. Faculty Development Programme on "Hygiene and Sanitisation" was conducted on 30.06.2020. 10 non-teaching staff participated in the programme.
8. Faculty Development Programme on "Assertiveness and Therapeutic Resistance" was conducted on 01.07.2020 & 03.07.2020. 14 teachers participated in the programme.

9. Faculty Development Programme on "Personal and Professional Growth" was conducted on 07.09.2020. 11 people participated in the programme.
10. Faculty Development Programme on "Teaching and Learning Online in Outcome Based Education" was conducted from 22.07.2020 to 27.07.2020. 12 teachers participated in the programme.
11. Faculty Development Programme on "Self Directed Learning and New Education Policy" was conducted from 03.08.2020 to 06.08.2020. 14 teachers participated in the programme.
12. ERP Training was conducted on 03.09.2020 and 24.09.2020. 25 staff members participated in the programme.
13. Academic and Administrative Audits took place on 24.09.2020.
14. Suicide Prevention Awareness Program was held on 28.09.2020 and 29.09.2020 which saw 113 participants.
15. Basics in Technology-Assisted Counselling was discussed from 25.10.2020 to 29.10.2020 which benefitted 104 participants.
16. Covid-19 mission initiative took place from 09.06.2020 to 21.08.2020 which benefitted 1550 people.
17. Integrative online teaching using online conferencing and LMS from 06.04.2020 to 31.12.2020 benefitted 190 people.

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.

Teaching Staff

1. Faculty Development Programme on "Supervising Supervision: A Reflective Approach" was conducted on 08.11.2019. 18 teachers participated in the programme.
2. Faculty Development Programme on "Outcome Based Education" was conducted on 15.02.2020. 18 teachers participated in the programme.
3. Faculty Development Programme on "Outcome Based Teaching-Learning" was conducted on 27.02.2020. 10 teachers participated in the programme.
4. Faculty Development Programme on "Self Directed Learning and Assessment & Evaluation" was conducted on 10.03.2020. 23 teachers participated in the programme.
5. Faculty Development Programme on "Online Counselling Supervision" was organized on 31.03.2020. 11 faculty members participated in the programme.
6. Faculty Development Programme on "Assertiveness and Therapeutic Resistance" was conducted on 01.07.2020 & 03.07.2020. 14 teachers participated in the programme.
7. Faculty Development Programme on "Teaching and Learning Online in Outcome Based Education" was conducted from 22.07.2020 to 27.07.2020. 12 teachers participated in the programme.
8. Faculty Development Programme on "Self Directed Learning and New Education Policy" was conducted from 03.08.2020 to 06.08.2020. 14 teachers participated in the programme.

Non-Teaching Staff

1. Faculty Development Programme on "Documentation" was conducted on 04.10.2019. 6 non-teaching staff participated in the programme.
2. Faculty Development Programme on "Hygiene and Sanitisation" was conducted on 30.06.2020. 10 non-teaching staff participated in the programme.
3. Faculty Development Programme on "Personal and Professional Growth" was conducted on 07.09.2020. 6 non-teaching staff participated in the programme.

FACULTY DEVELOPMENT PROGRAM ATTENDED BY TEACHING STAFF

1. Ms. Sritha Sandon attended a virtual FDP on Role of Teachers in Quality Enhancement and Accreditation organized by, Kristu Jayanti College, Bangalore from 11.05.2020 to 18.05.2020.
2. Dr Sudhamayi attended an International Workshop on Research Methodology in Social Sciences. Dept. of Business Management, Yogi Vemana University, Kadapa from 13.08.2019 to 14.08.2019.
3. Dr. Sudhamayi attended an International Virtual FDP on “Building Competency in ICT based Teaching using Spreadsheet and Sustainability Strategies during Covid 19 Pandemic” from 20.06.2020 to 24.06.2020.
4. Dr Sudhamayi attended Research and Role of Ethics in Research from 16.03.2020 to 21.03.2020.
5. Dr Victor Raj attended a National Conference on Peace and Justice: A Subaltern Perspective. Organized by Dept. of Social Work, Loyola College, Chennai from 17.02.2020 to 18.02.2020.
6. Dr Victor Raj attended a National Conference on Technology in a changing world from 06.03.2020 to 07.03.2020.
7. Mr Maxim Pereira attended an International Webinar on Growing During the Pandemic. Organized by International Network on Personal Meaning on 30.07.2020.
8. Mr Maxim Pereira attended an online International Conference on 'Continuity, Consistency and Innovation in Applied Sciences and Humanities” organized by St. Martin’s Engineering College, Dhulapally, Secunderabad, T.S. from 13.08.2020 to 14.08.2020.
9. Dr Swati Pathak attended Life skills training by Therapeutic Art Life Coach, Transformation Academy on 22.04.2020.
10. Faculty Development Programme on “Teaching and Learning Online in Outcome Based Education” conducted from 22.07.2020 to 27.07.2020 was attended by 12 teachers.

11. Dr Swati Pathak attended a seven-day International Webinar on “Role of Alternative and Complementary Therapies to Combat Covid-19 – An Integrative Approach” from 27.04.2020 to 03.05.2020.
12. Dr Swati Pathak attended an FDP on “Teaching in Globally Connected World” from 18.05.2020 to 24.05.2020.
13. Dr Radhika attended the National Conference on Technology in a changing world from 06.03.2020 to 07.03.2020.
14. Mr Sudharshan attended the National Conference on Technology in a changing world from 06.03.2020 to 07.03.2020.
15. Mrs Visalakshi Sridhar attended an online seminar on Cognitive Behaviour Therapy, organized by the Indian Psychiatric Society on 30.05.2020.

PAPER PRESENTED BY FACULTY MEMBERS

1. Mr Maxim Pereira presented a paper at an online International Conference on 'Continuity, Consistency and Innovation in Applied Sciences and Humanities' organized by St. Martin's Engineering College, Dhulapally, Secunderabad, T.S. from 13.08.2020 to 14.08.2020.

FACULTY AS RESOURCE PERSON

1. Dr Victor Raj moderated an event at the National Conference on Peace and Justice: A Subaltern Perspective. Organized by Dept. of Social Work, Loyola College, Chennai from 17.02.2020 to 18.02.2020.
2. Ms. Sritha Sandon hosted an FDP on Outcome-Based Teaching Learning for the staff of Montfort College on 27.02.2020.
3. Mr Sudharshan was a resource person for The Counsellor's Conclave 2019 - organized by Bengaluru Sahodaya Schools on 23.10.2019.
4. Mr Maxim Pereira took a Session on Case Conceptualization for 4th-semester M.Sc. Students of Kristu Jayanthi College, Bengaluru, on 16.12.2019.
5. Mrs Visalakshi Sridhar took a session on Destigmatizing of Mental Issues at Workplace and Suicide Prevention at Manager Fraternity of Oracle, Bengaluru on 27.02.2020.

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 2019-20, the following events were held.

Fit India Movement

Montfort College commemorated Fit India Movement on 29th August 2019. An array of physical activities was organized at the college campus. A yoga session consisting of breathing exercises, asanas, and Surya Namaskar was led by a student practitioner.

Kairos '19

The intercollegiate fest of Montfort College, Kairos '19, was held on 11th November 2019. The fest was inaugurated by Ashwini NV, alumni, and the Founder- Director of Muktha Foundation. The fest saw numerous participants from various institutions and consisted of umpteen events in various categories.

Bala Mela 2019

On the 24th of November 2019, 460 eager, excited, and enthusiastic children from various Children's Homes across Bengaluru visited Montfort College to celebrate the Bala Mela. The inauguration ceremony was graced by dignitaries - Chief guest: K. Eshwar Prasad (Rtd. IPS officer), Mr Kumaraswamy Manjappa (FAI), Bro. Jenny Kuriakose (Director and Principal, Lake Montfort School) and Bro. Dhanaraj (National secretary, Montfort brothers in India).

A number of events and activities were planned for the children.

Olympia '20

Montfort College held its annual sports week from the 9th to the 13th of March 2020. The sports week started off with an inauguration ceremony. Numerous sports events were conducted as part of the sports week and prizes were awarded at the end of the week-long event.

Independence Day

Independence Day celebrations at Montfort College encompassed a two-day event, on 15th and 16th August 2019. It commenced with the traditional “Flag Hoisting Ceremony” symbolizing respect and honour.

Republic Day

Republic Day was commemorated at Montfort College on the 26th of January 2020. The national flag was hoisted with the singing of patriotic songs.

Kannada Rajyotsava Day

Kannada rajyotsava was celebrated on the 12th of November 2019. The college lawn became a place of celebration. The day dedicated to the commemoration of “Karnataka Rajyotsava” was filled with distinct colours including iconic red and yellow. Brother Matthew addressed the gathered crowd with the keynote speech on the importance of the day.

Teacher’s Day

On the 9th of September 2019, Montfort College celebrated teachers. Students and faculty took part in the celebrations.

World Peace Day and World Suicide Prevention Day

On 16th September 2019, World Suicide Prevention Day and World Peace Day were celebrated with great enthusiasm with an aim to educate and spread awareness and support our fellow human beings. Various cultural programs were performed. Assistant Professor Visalakshi spoke in depth about the symptoms and prevention methods for Suicide.

World Mental Health Day

Montfort College celebrated World Mental Health Day by extending the program to the entire month. There were various activities related to mental health and wellness on campus to spread awareness.

Women’s Day

International Women’s Day was celebrated at Montfort College. Ms Cynthia Stephen and Dr Christine Bhat were the chief guests for the event. Ms Cynthia spoke about the International Women’s Day Campaign theme – each for equal. Students also presented plays and conducted discussions on issues related to women’s health.

Dussehra Celebration

Montfort college celebrated Dussehra on the 1st of October 2019. Food and art stalls were set up on the college campus. The college lawn was decorated, and students wore traditional dresses. Cultural events including dance and music happened in the evening hours.

Halloween

Montfort college students highlighted their fashion as they dressed up in Halloween costumes. Photo sessions and planned activities were the highlights of the day.

Christmas Celebration

Christmas celebrations were held on the 19th of December 2019. Students turned up dressed in bright red, green, and white. Myriads of activities were conducted along with songs and carols. Brother Victor delivered the Christmas message.

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, Mr Samson Roy as Secretary, and Ms Vaaruni Sundar as Treasurer. The Alumni, other than offering counselling services and supervision to the current students, met, and conducted workshops on play therapy and couple's therapy.

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 and Montfort College Family Counselling Centre organised various following programs during the year 2019-20.

1. 25 sponsored kits of essential provisions were distributed to people in the lower economic status/daily wage workers. Mr Thomas Abraham, the FCC Counsellor also spoke about social distancing and its benefits, mental health issues due to lockdown, and the role of parents in managing children during the lockdown.

2. International Yoga Day was celebrated at Montfort College on 21st June 2020 in the early morning hours. Brother Victor Das spoke on the theme of the year “Yoga for Health – Yoga at Home,” set by the United Nations.

Despite the pandemic situation, Montfort College was able to face the challenges and move ahead. The college is grateful to all those who have directly and indirectly contributed to the success of this academic year. The college’s motto “Liberation with Enlightenment” will guide the functioning of the institution to reach greater heights.


Principal
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