



# Annual Report

2020-21

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Montfort College

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## **INTRODUCTION**

MONTFORT COLLEGE, situated in the heart of Bangalore City is a catholic minority institution established by Montfort Brothers and managed by Montfort College Society. To address the large requirement for trained mental health professionals in educational, family, healthcare, and industrial settings, a Post Graduate Diploma in Holistic Psychological Counselling was started in 1995. From 1998, it has been conducting M Sc. in Psychological Counselling as first such course in India and later M Sc. in Psychology was also started. Its curricula entail teaching, evaluation, therapy, counselling skills and research in different sub-disciplines of psychology. The programmes at Montfort College aim at helping and equipping students with both conceptual inputs and hands-on skills training and supervised practicum to identify and respond effectively to the needs of individuals and social systems in the society.

In 2018, with trifurcation of Bangalore University, Montfort College has become affiliated to Bengaluru North University. It continues to offer M.Sc. in Counselling Psychology & M.Sc. in Psychology. At Montfort College, we pride ourselves on our tradition of maintaining friendly personal contact among faculty and students, encouraging a family atmosphere conducive for studies as well as personal growth.



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

## **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

## **OBJECTIVES**

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

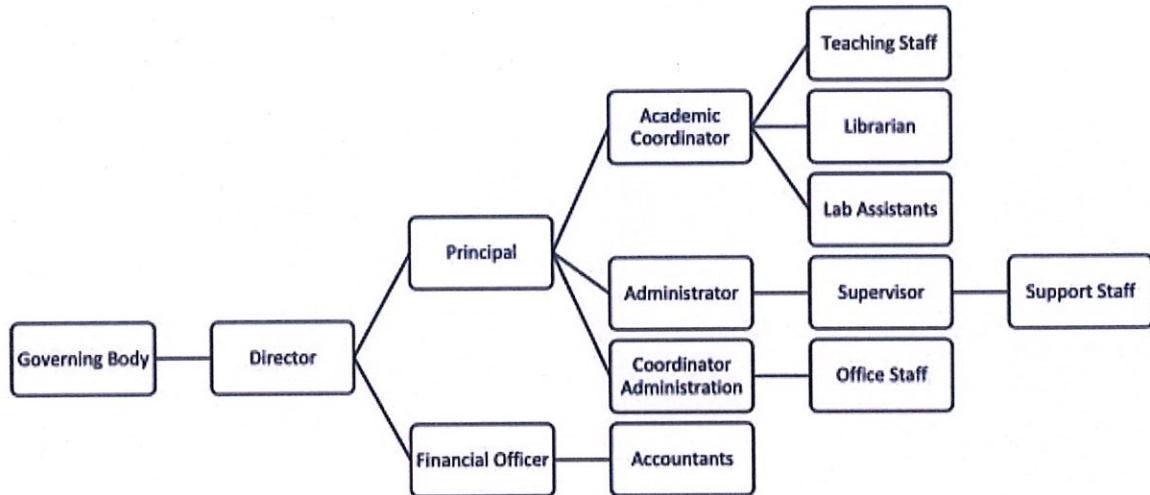
1. Achieve adequate mental formation of students towards self-awareness and personal integration.
2. Achieve excellence in teaching, learning and research.
3. Enthuse them in the promotion of holistic mental and emotional health.
4. Provide experiential and skill-based training.
5. Apply advances in learning and knowledge to the relevant fields of work.
6. Promote excellence in the fields of psychology and counselling.
7. Become uncompromising in respect for the individual and developing a genuine feeling of compassion for the marginalized and the needy.

## PROFILE OF THE COLLEGE

Name	MONTFORT COLLEGE
Address	No. 184, Old Madras Road, Indiranagar Post, Bengaluru – 560 038
Phone	+91 80 2528 3320 / 2528 4050
Email	mail@montfortcollege.edu.in
Website	www.montfortcollege.edu.in
Director	Dr. Bro. Mathew Panathanath
Principal	Dr Victor Raj
Mobile No	+91 9443195150
Type of institution	Co-education
Status of the institution:	Affiliated to Bengaluru North University
UGC	Recognized under 12B and 2 f of the UGC Act
Student Strength	224
IQAC Co- Ordinator	Ms Sritha Sandon
Sources of funding	Self-financing
Total area	1.83 acres



## ORGANOGRAM



## GOVERNING BODY

- Bro. George Palackal Jose, Chairman
- Bro. Jenny Kuriakose, Vice Chairman
- Bro. Mathew Panathanath, Secretary
- Bro. Lawrence Joseph, Member
- Bro. M. K Joseph, Treasurer
- Bro. Augustine Novello, Member
- Bro. Sebastian Antony Samy, Member

## **GOVERNING COUNCIL**

- Bro. Mathew Panathanath, Director, Montfort College
- Bro. Victor Raj, Principal, Montfort College
- Mr. Luckose Vallatharai, former IAS officer and former Commissioner for Education
- Sri Santosh Reddy A M, University Nominee
- Sri Raghuvveera B, University Nominee
- Dr. J Alexander, IAS (Retd)
- Prof. Tony Sam George, Dean of Humanities, Christ 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
- Ms. Sritha Sandon, Associated Professor and IQAC coordinator, Montfort College
- Ms. Saritha Mathew, Coordinator - Administration, Montfort College

**Governing Council:** The Governing Council meeting was held on 16<sup>th</sup> April 2021

## **IQAC**

- Dr. Victor Raj, Principal, Montfort College, Chairperson
- Dr. Mathew Panathanath, Director, Management Representative
- Bro. M. K Joseph, Bursar & Administrator, Management Representative
- Ms Sritha Sandon, Associate Professor, IQAC Coordinator
- Mrs. Saritha Matthew, Administrative Representative
- Br. George V J, Former Principal, Montfort College
- Dr. Tony Sam George, Dean of Humanities, Christ (Deemed to be University)
- Dr. Molly Joy, HOD, Dept. of Psychology, Kristu Jayanti College
- Mrs. Karuna Bhaskar, Founder & Director, Resilience Works
- Dr. Ashwini N V Ganig, Founder & Director, Mukta Foundation and Alumni
- Dr. Lily David, Retd. Professor, Parent
- Ms. Sanyukta Thakur, Student representative

**IQAC meetings:** The IQAC had five meetings during the year 2020-2021



## TEACHING FACULTY

S.No.	Name	Designation
1	Bro. Victor Raj SHJ	Principal – Montfort College
2	Ms Sritha Sandon	Associate Professor
3	Dr. Maxim Pereira	Assistant Professor
4	Ms. Annet Shaju	Assistant Professor
5	Mr. Sudharshan Hebbani	Assistant Professor
6	Dr. P. Sudhamayi	Assistant Professor
7	Dr. Rajesh Kumar	Assistant Professor
8	Ms. Yamini Gowda P C	Assistant Professor
9	Dr. V. Subramanyam	Assistant Professor
10	Dr. Rashmi R	Assistant Professor
11	Dr. Sr. Violet Clemensia	Assistant Professor
12	Dr. Visalakshi Sridhar	Assistant Professor
13	Dr Radhika	Assistant Professor

## NON-TEACHING AND SUPPORT STAFF

S.No.	Name	Designation
1.	Mrs. Saritha Mathew	College Admin
2.	Mrs. Shobha M.S	Librarian
3.	Ms. Aleena Varghese	Accountant
4.	Mrs. Lakshmi K S	Admin
5.	Mrs. Ambika	Lab Assistant
6.	Mrs. Arokiya Mary	Attender cum Ayah
7.	Mr. R Vasudevan	Peon/ Electrician
8.	Halamma	Ayah

## **STUDENT COUNCIL**

- Sanjana Rao, President
- Priti Janani Rajkumar, Treasurer
- Annie Rebecca, Event Secretary
- Abigail Venkat, Sports Secretary
- Sachin Gaur, Class Representative
- Devanshi Rao, Class Representative
- Harshitha Prabhu, Class Representative
- Isabel Kulakudy, Class Representative

## **VARIOUS COMMITTEES AND CLUBS**

Anti-Ragging Cell

Internal Complaints Committee

Grievance Redressal Cell

Caste Based Discrimination

Red Cross

National Service Scheme

Placement

Library Advisory Committee

Newsletter & Documentation

Research Development Cell

Social Media Group

Discussion forum

Movie Club

Research Club

Arts Club

Eco Club

Human Rights and Social Justice



## **ECO CLUB ACTIVITIES**

**World Wildlife Day:** The World Wildlife Day was celebrated by the Eco-Club of Montfort college on 3<sup>rd</sup> March 2021 and the whole college took part in the program, to spread awareness about the day, and how everyone can do their bit in supporting the flora and fauna of the world. Due to the pandemic, the UN this year celebrated this day online, and to reach more people, they used certain hash tags like, #Forest People Planet, #WorldWildlifeDay, #WWD2021. With the help of the Social Media Club, the post was put up.

**World Environment Day:** The Eco-club of Montfort College on World Environment Day (5<sup>th</sup> June 2021) planned for a two-day social-media campaign to encourage more talks, exchange of information and actions with respect to our environment. In general, the social media posts garnered around 40 odd 'Likes' each while more than 200 Instagrammers viewed the stories. (These were uploaded after approval from the principal) There were around 15 students, alumni and others who tagged the college account in their stories which were then reposted on the official college page.

**Global Recycling Day:** A discussion and planning for this event began from the 1<sup>st</sup> of March onwards until its execution. Three sub events were decided upon to be conducted on the 17<sup>th</sup> of March 2021. The three events were: 1. Thrift Shop Drive, 2. Wealth out of Waste Competition and 3. Open Mic. Overall, there were 103 members in the audience which included: 15 II Year, MSc Psychology and MSc Counselling Psychology students, 33 I Year MSc Counselling Psychology students, 42 I Year MSc Psychology students and 13 members of the staff and faculty.

**International Day of Actions for Rivers:** The International Day of Action for Rivers was commemorated by the Eco-Club of Montfort college on 14<sup>th</sup> March 2021, to spread awareness about the current state of river health in India and how everyone can do their bit in improving their condition and saving water. The social media platform, namely Instagram was decided on as a platform to put up infographic content concerning the same. The post was put up on the Montfort College's Instagram page with the support of the social media Team.

**International Polar Bear Day:** the Eco club created awareness regarding the international Polar Bear Day through posters on Instagram page

## **WORKING SYSTEM OF THE COLLEGE**

The academic year 2020-2021 started on 21st October 2020 for the third semester students with an orientation program. The first semester started on 21st January 2021 with a blended learning mode.

Montfort College is following semester system for all programs. Classes are scheduled from Monday to Friday from 09:00 am to 04:40 pm and on Saturday from 09:00 am to 01:00 pm. The second Saturday is a holiday.

## **ACADEMIC PROGRAMS**

**M.Sc. in Counselling Psychology:** The M Sc. Counselling Psychology programme seeks to develop competent and integrated counsellors who value diversity and personal growth, who can provide services across a continuum of developmental stages for individuals and interrelated systems, who are able to collaborate with allied mental health services. The course focuses on the student's personal and professional development by enhancing their theoretical understanding, increasing their awareness to become a 'reflective practitioner,' deepening their personal insight and developing Counselling Skills.

**M.Sc. in Psychology:** M.Sc. programme in Psychology aims at helping and equipping students with both conceptual inputs and hands-on skills training to identify and respond effectively to the needs of individuals and social systems in the world today. This programme lays foundation for further research in psychology. The overall philosophy of the M.Sc. Psychology programme is to prepare master's level students with academic, professional, and personal credentials to perform effectively in their anticipated work setting.

### **Honours Program:**

The honours programme fosters staff and student excellence. It encourages the students to go beyond the textbook, the classroom, and the curriculum. Challenging them to think out of the box, form their own opinions, and keeps them updated with current developments in the field. It also teaches them skills needed as a professional. It gives the faculty, opportunity to interact with students who are bright and motivated and share ideas on a common platform.



## CERTIFICATE AND DIPLOMA PROGRAMS

Name	Duration	No. of Hours	Coordinated by	No. of students
Certificate Course in Counselling Psychology (Part time)	12-09-2020 to 20-03-2020	100	Dr. Maxim Pereira, Asst. Professor	45
Certificate Course in Counselling Psychology (Part time)	23-01-2021 to 24-07-2021	100	Dr. Maxim Pereira, Asst. Professor	28
Appropriate Mind Management and Application	22-02-2021 to 26-02-2021	30	Mr. Sudharshan H L, Asst. Professor	120
Certificate Course in Counselling Psychology (Full time)	03-05-2021 to 21-05-2021	100	Ms. Annet Shaju, Asst Professor	45
Diploma Course in Psychodrama	10-10-2020 to 21-06-2021	240	Dr. Maxim Pereira, Asst. Professor	15
Certificate programme in Art Based Therapy	05-12-2020 to 19-02-2021	55	Ms. Annet Shaju, Asst Professor	11

**Certificate Course in Counselling Psychology:** 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. Along with providing 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.

**Appropriate Mind Management and Application (AMMA):** Montfort College organized a certificate course on “Appropriate Mind Management and Application (AMMA)” from 22nd February 2021 to 26th February 2021. The first semester students of M.Sc. Psychology and Counselling Psychology attended the certificate course facilitated by Dr. Shirdi Prasad Tekur, a renowned paediatrician who is currently practicing indigenous well-being and trains individuals and groups in this field.

**Diploma Course in Psychodrama:** The course focused on training the participants on how they can do one to one therapy using psychodrama techniques on online medium 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.

**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, people are helped to feel more connected to the world around them, standards of practice in the art therapy field.

#### **VALUE ADDED / CAPACITY BUILDING PROGRAMS**

<b>Name of the capability enhancement program</b>	<b>Number of students enrolled</b>
Soft Skills: Case Conference	104
Soft Skills: Emotion Regulation Skills	95
Soft Skills: Basics of Trauma Informed Therapy	39
Soft Skills: Caricature Workshop	15
Soft Skills: Supervision	49
Language and communication skills: Kannada Classes	25
Life Skills: Personal therapy sessions	113
Life Skills: Resilience and Coping Strategies	80
Life Skills: Yoga and Well-being	37
Life Skills: Forgive and Heal- Make gratitude a habit	38
ICT/computing skills: Tips for Publishing Article	14
Webinar on SPSS	4



## **INFRASTRUCTURE**

### **Library**

The library is an integral component of the institution ever since its inception in 1995. 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.

In the AY 2020-2021, the library management software was changed from NIRMALS to BookWorm's. Several new collections of eBooks were added as most of the students were online.

### **IT Facilities**

Montfort college on a regular basis upgrade the technological facilities. Following are some of the developments during 2020 – 2021:

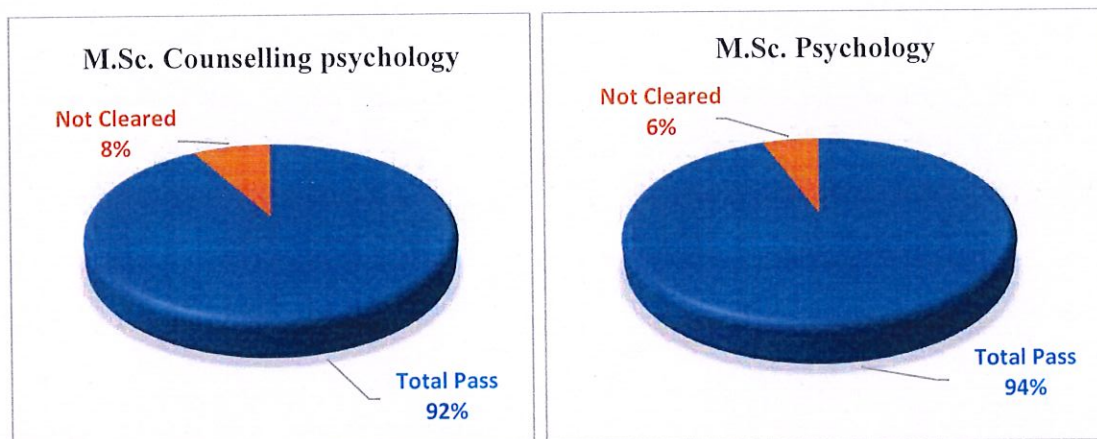
- WIFI access points have been increased from 9 to 15 to ensure better performance
- Procured an upgraded server for the college office with better capacity
- The college purchased an official domain id with official email ids for all staff and students for official communication
- ERP was changed from KahanPro to Heraizen Technologies.

## RESULTS

### University Rank Holders

Rank	MSc Counselling Psychology	MSc Psychology
I	Mouna S	Isaac Thomas
II	Mitushi Jain	Diya R Mahesh
III	Vishaka Bhat K	Samyuktaa Hridesh Thakur
IV	A Madhura	Ashatha Jane Jesudasan
V	Juliet V Thomas	Rashmi R Sharma

### Result Abstract



Program	M.Sc. Counselling Psychology	M.Sc. Psychology
First Class Exemplary	12	17
First Class Distinction	31	33



## AWARDS AND RECOGNITION

TWELFTH ANNUAL  
NEUFELD INSTITUTE CONFERENCE 2021  
PARENTS • PROFESSIONALS

### BEST PAPER AWARD THIS IS PROUDLY PRESENTED TO SRITHA SANDON

for her paper titled "The At-Home Classroom: Boon or Bane?" at our  
Twelfth Annual Neufeld Institute Conference on  
**EMOTIONAL HEALTH & WELL-BEING**  
TOWARDS FLOURISHING CHILDREN AND YOUTH  
APRIL 16-18, 2021

Under the Promising Budding Researchers Category  
In the South-East and South Asia Sector

  
GORDON NEUFELD  
Founder



  
DEBORAH MACNAMARA  
Organizer

2155 West 36th Avenue, Vancouver, BC, Canada, V6M 1L3

Website: <https://neufeldinstitute.org>



Rotary  
Bangalore Kalyan 

## Montfort College

Is awarded this Certificate of Excellence and Achievement for the extraordinary contributions towards COVID-19 Relief Work, in 2020. The program was organised by Mission Vishwas in collaboration with the Rotary Club Bangalore, Montfort College and St. Joseph's College (Autonomous) under the supervision of the BBMP, in support of the citizens of the country and the government in the area of tele-calling for contact tracing and providing psychological support.

Montfort College is recognised by us as being one of the rare institutions that put learning into practice by actively volunteering their resources in the service of the nation. The spectacular achievement of contact tracing for over 9000 people with over 2400 successful calls has been a remarkable contribution and a true testament of putting knowledge into action.

  
Aparna Ponnappa  
Director  
Mission Vishwas

  
Rtn. Sunil Telkar  
Mission Director  
Mission Vishwas  
Past Assistant Governor Rotary  
International District 3190

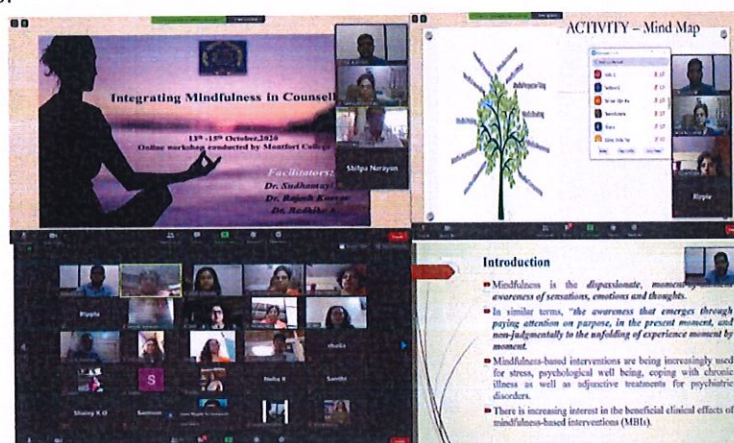


## INVITED TALKS/ GUEST LECTURES / WORKSHOPS / SEMINARS

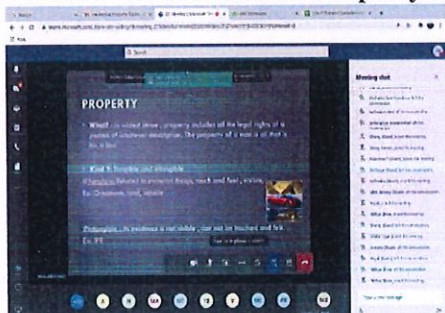
**Gender sensitivity and sexual harassment:** Montfort College conducted a guest lecture on the 25th of February 2021 on gender sensitivity and sexual harassment. Dr. Janet Parameshwara facilitated this session, a retired HOD of dept. of Social-work, Kidwai Institute of Oncology. Overall, Hundred and twelve (112) students were benefited from this session.

**Integrating mindfulness in Counselling:** This was a three-day program on basics of mindfulness and vipassana held at Montfort College from 13<sup>th</sup> October 2020 to 15<sup>th</sup> October 2020 from 4.00pm to 5.30pm. Dr. Rajesh Kumar moderated the session. D. There were total of twenty-four (24) students who benefited from this workshop.

**Technology Assisted Counselling in association with The Alternative Story:** Technology Assisted Counselling was conducted in collaboration with the Alternative Story, Bangalore from the 25th to 29th October 2020. The 4-day program included covering up the very basics of 'technology assisted counselling'. The participants were the third semester psychology and counselling psychology students at Montfort College, Bangalore. Day 1 - Video and telephone-based counselling; Day 2 & 3 - Chat based counselling; Day 4 - Breach of Confidentiality, in case of clients in crisis.



**Webinar on Intellectual Property Rights:** a guest lecture on intellectual Property was organized by Montfort College, Bangalore on 25<sup>th</sup> of November 2020. This session was attended by eighty-eight (88) students from 10.00am to 01.00 pm. The lecture was conducted online via Microsoft Teams which was attended by students(88students) and staff members of the college. The lecture was provided for the final year students of MSc Psychology and MSc Counselling Psychology of Montfort College. The guest speaker for the event was Mr. Manohar L Bhat, an Asst. Professor from B.M.S. College of Law.





**Resilience and Coping Strategies Program:** ‘Resilience and Coping Strategies’ was a Capacity Building Program that was conducted by the Alternative Story, Bangalore from 23rd to 24th of April 2021 from 9am to 1pm. The program was organized exclusively for the second-year students; there were an average of 75 students from MSc Psychology (2019-21) and MSc Counselling Psychology (2019-21) who attended the program on the two days. In addition to the students, there were three facilitators on the meeting- Mr. Paras Sharma, Ms. Rashi (both, Founders of The Alternative Story) and Ms. Archa Joshi (Associate - Research & Academia, The Alternative Story).

**Basics of Trauma Informed Therapy:** “Basics of Trauma Informed Therapy” was organized for 2-year MSc. Counselling Psychology students on 28th of May and 4th of June 2021 from 2:00 pm-4:00 pm. Dr. Aditya Varma facilitated the sessions, he demonstrated simple regulation techniques for those experiencing trauma. Students found the sessions beneficial.

**Caricature Workshop:** The Art club of Montfort college organized the workshop on 11th June 2021 on Caricature drawing. This was the first of many activities planned by the club. The programme was started at 4:30 PM. Mr. Rohit arrived at the online Google Meets link and addressed the members of the club who attended the workshop. This is a novel direction taken by the club to provide its members with an environment of holistic development.

**Forgive, Heal and Make Gratitude a Habit:** This webinar was conducted online on 26th June 2021 and organized by Yamini Gowda, which served an educational purpose in the field of Positive Psychology for the second and fourth semester Counselling Psychology students. Dr. V. Premanand, Associate Professor in Department of PG Psychology, St. Agnes Centre for Post Graduate Studies, and Research (Autonomous), Mangalore facilitated the event and concluded at 1.00 PM with a small discussion on everyone’s personal takeaway from the session.

#### **Supervised practicum**

A session on orientation to supervised practicum was held for 3<sup>rd</sup> MSc. Counselling Psychology students on 4<sup>th</sup> November 2020 from 9:00 m. The session was held on Google meet platform and conducted by the practicum coordinator – Dr. Maxim Pereira. 53 students attended the session.

#### **Webinar on How to Review Literature**

A one-day webinar on “how to review literature” was organized for the benefit of the third semester psychology students on the 25<sup>th</sup> of November 2020. The facilitator, Sritha Sandon, explained the need and purpose of literature review, how to identify sources, how to look out for predatory journals and avoid them, how to find the relevant information in the research article, and how to summarize the same. With three examples, she helped the students build the skills of summarizing the articles. The interaction during the question-answer session was animated and the overall feedback from the students was positive.



## QUALITY INITIATIVES

1. Training in Technology Assisted Counselling with The Alternative Story from 25-10-2020 to 29-10-2020
2. Diploma in Humanistic Psychodrama in Psychotherapy with Vedadrama India Pvt. Ltd. from Oct 2020 to June 2021
3. Webinar on How to Review Literature on 25-11-2020
4. Certificate Program in Art Based Assessment and Psychotherapy with Antidote Mental Health from Dec 2020 to Feb 2021
5. FDP on SDL and Individualized Master's Program on 07-01-2021 & 30-01-2021
6. FDP on Clinical Supervision Training on 20-01-2021
7. Importance and Processes of Mentoring the Students on 06-03-2021
8. Training Program in Resilience and Coping Strategies with The Alternative Story from 23-04-2021 & 24-04-2021
9. Webinar on "Mental Health in an Unequal World" from 29-11-2021 to 03-12-2021

## FACULTY DEVELOPMENT PROGRAM (In-house)

Date	Title of the program organised
03-09-2020	ERP Training
25-08-2020, 04-12-2020, 14-12-2020, and 18-12-2020	Effective Techniques for the promotion of library services and resources
05-01-2021	ERP Training
07-01-2021 and 30-01-2021	Through the Individual and Cultural Lens: A Faculty Development Program
20-01-2021	Training on Clinical Supervision: A Faculty Development Program
06-03-2021	An FDP on The Importance and Processes of Mentoring the Students
12-03-2021	An FDP on Integral Well-being: An Experiential Session
11-09-2021	Professional Development Program for Non-Teaching Staff



**Enterprise resource planning (ERP) training for the faculty:** The first training program on New Instance of dhi Enterprise Resource Planning on Cloud for Montfort college was organized by the institution for teaching and non-teaching faculty of Montfort College on September 3, 2020. The second training was held on January 5, 2021, Resource person from the Heraizen Technologies Pvt. Ltd trained faculty.



**Training on Clinical Supervision session:** The workshop was held on 20<sup>th</sup> January 2021 from 9am to 1pm. The program began with the introduction of the agenda by Bro. Victor Raj, Principal of Montfort College followed by, Dr. Maxim P., welcomed the facilitator and gave brief introduction about Dr. Daisy

Isaac. The total beneficiaries of this program were 12 faculty.

#### **Integral Well-being - experiential session:**

Faculty development programme on Integral Well-being experiential session for the in-house faculty of Montfort College was held on 6.03.2021 in the AV Room. Mr. Anil Gover, the facilitator started the session with an interacting exercise on sharing every faculty's view on essential qualities and values of human beings. Feelings of wellbeing are fundamental aspects for overall health of an individual, they enable



to overcome difficulties successfully and aid in the achieving of goals. He highlighted on how values are developed, replaced, and dropped. Health and wellbeing are essential part of quality of life and are fundamental preconditions for learning and development. The session ended at 1PM with vote of thanks by Mr. Sudarshan, Assistant Professor.

**Administrative Training Programme for Library:** The library staff went through a training on Effective Techniques for the promotion of library services and resources on 25-08-2020, 04-12-2020, 14-12-2020, and 18-12-2020.



**Through the Individual and Cultural Lens: A Faculty Development Program:** It was organised on 7.01.2021 by Dr. Glenn Karkonger, Pro Chancellor of Martin Luther Christian University, in continuation previous FDP and gave an overview of the topic for the day “SDL and Individualized Program.” He started a session emphasizing whether psychology is science or arts. Also explained hierarchy of sciences. He explained how psychology has been considered as sciences since it has become evidence based and how psychology is not a science as per some philosophers. He stressed on how quantification is started in psychological sciences. Dr. Glenn talked about subjects like sociology and social work considered as service-oriented courses. insightful round of brainstorming wherein major stakeholders was identified



#### **An FDP on The Importance and Processes of Mentoring**



An FDP on Academic Mentoring session was organized for the faculty on 6<sup>th</sup> March 2021 by Ms. Soumya Simon, Asst. Professor from Kristu Jayanti College, Bangalore. Ms. Soumya played a short video of about the importance of academic mentoring. She then continued to discuss the various points of academic mentoring including a positive role model, transmission of knowledge, social capital, demystification, being a good example, the process, empathizing and sympathizing, being non-judgmental, providing a plan of action, having the back of students, defining and aligning expectations, fostering effective feedback and communication, supporting professional development, supporting and providing equity and inclusion, adjusting to stress ad life events. Her session included video clips, case studies and it concluded with question answer session.

**Professional Development Program:** A session on email etiquette and team building for the non-teaching staff was organized on Saturday, 11th September 2021 at the college campus.



## PUBLICATIONS BY FACULTY

Dr Rashmi R, Dr Romate John	The International Journal of Indian Psychology, Life effectiveness and self-efficacy of HIV Infected Children, 2348--5396 (E (, 2349-3429 (P)
Anwasha Bhattacharya, Sonali Shenolikar, Sudharshan Hebbani	Asia Pacific Journal of Education, Exploring the significance of Indian logic in overcoming contemporary limitations in the Indian education system, 02188791, 17426855.
Nishatha Shrestha, Dr Maxim Pereira	Sambodhi (UGC care Journal), Impact of a school-Based sexual abuse prevention workshop on the knowledge and attitude of Indian Children, 2249-6661
Dr Sudhamayi	The International Journal of Indian Psychology, The relation between quiet ego and self-consciousness among emerging adults in India, 2348-5396(E); 2349-3429(p)
Sudharshan Hebbani	Journal of Addictive Diseases, A study of resilience among young adult children of Alcoholics in Southern India, 1055-0887 (print) 1545-0848(web)
Aparna Rajeev, Sudharshan Hebbani	The International Journal of Indian Psychology, Anasakthi and Resilience in older Adults in South India: A Correlation study, 2348-5396 (web) 2349-3429 (print)
Sudharshan Hebbani, Shreya P. Deuri, V.H. Sanjushree	The International Journal of Indian Psychology, Flow-Through the eyes of Indian classical dancers, 2348-5396 (web) 2349-3429 (print)

**ACADEMIC ASSIGNMENT TAKEN BY FACULTY MEMBER /  
FACULTY REPRESENTATION IN ACADEMIC BODIES OF OTHER  
INSTITUTIONS**

<b>Name of the Faculty</b>	<b>Name of the organization / Event</b>	<b>Nature of responsibility</b>	<b>Date</b>
Dr. Victor Raj	Dr. S. R. Chandrasekhar institute of speech & hearing	Governing council member	
Ms. Annet Shaju	Webinar on - Effects of Covid-19 on Humanity and Its Impact on Mental Health - for the students at St. Josephs College of Commerce	Resource Person	13.08.2021
Ms. Sritha Sandon	Conducted one-day workshop on Classroom management with special emphasis on management of digital classroom and self-care to the teachers of Visishta, HBR Layout Campus, Bangalore	Workshop organizer	06.01.2021
	Paper setter for the BASLP in Naseema Institute of Speech & Hearing	Paper Setter	05.02.2021
Dr. Sudhamayi P	Board of studies member for UG & PG program in the Dept. of Human development at Mount Carmel College	BOS Member	04.03.2021
Mr. Sudharshan H L	Member of Ethics Committee at Sri Shankara Cancer Foundation, Banashankari II Stage, Bangalore	Member of Ethics Committee	
	Online session on " Screen time and addiction" to the students of Sri Sri Ravishankar Vidya Mandir, Bangalore South	Resource Person	03.05.2021
	Conducted an Online Counselling Session for the students of Grade X, XII & XII of Sri Sri Ravishankar Vidya Mandir, Bangalore	Resource person	12.06.2021
Dr. Rajesh Kumar	Talk on "Behavioural Problems in Children" for the newly joined Psychology lecturer in SEIRT units and District Education and training centre" at UP - online mode	Resource Person	25.11.2020
	External Subject Expert for Ph.D. candidate at Dept. of Nutrition & Dietetics, JSSAHER, Mysuru	Doctoral Advisory Committee member	04.01.2021
	External Examiner at Christ University, Bangalore	External Examiner	30.04.2021
	Talk for newly joined Psychology lecturers in SERT Units and District education and training centre on "Psychological	Resource Person	25 to 26.06.2021



	Management for children and parents on behavioural problems in children between 6 to 14 years during the pandemic" at UP		
	Guest Lecture on Psychological management for children and parents on behavioural problems in children SEIRT	Resource Person	13.08.2021
Maxim Pereira	Board of studies meeting in Kristu Jayanti College	BOS Member	01.03.2021
	Zonal Consultative Meeting of Academicians from different colleges offering post-graduate courses in Psychology was organized by Indian Academy of Professional Supervisors (IAPS)	Resource Person	03.04.2021
	External Examiner and Christ University, Ghaziabad	External Examiner	
	Chairperson of Technical session at the international Multidisciplinary Conference on Impact of Conflict on the Humanities organised by St. Pauls College, Bangalore	Chairperson	12.06.2021
	Co-guide for Ms. Sunanda Kolhe, Amity University, Rajasthan		

## TEACHERS WHO ATTENDED REFRESHER / ORIENTATION / FACULTY DEVELOPMENT PROGRAM

Name of teacher	Title of the programme	Dates
Maxim Pereira	One-week National Level Faculty Development Programme on New Directions in Teaching Learning	23-11-2020 to 30-11-2020
	Online two-week interdisciplinary Refresher Course / FDP on Advanced Research Methodology Tools and Techniques	15-04-2021 to 30-04-2021
	International Virtual Faculty Development Program "Global Vision for Academic Excellence"	05-07-2021 to 11-07-2021
Sritha Sandon	National level 7 -Day Online Workshop on Revised NAAC Norms and Procedures	07-01-2021 to 15-01-2021
	International Course Neufeld Intensive 1: Making Sense of Kids	09-02-2021 to 29-03-2021
	International Course Neufeld Intensive 2: The Separation Complex	05-04-2021 to 17-05-2021
	International Course Neufeld Intensive 3: Becoming Attached	07-06-2021 to 30-07-2021
Sudhamayi P	Short Term Course on Applied Aspects of Yoga	14-10-2020 to 23-10-2020
	National level 7 -Day Online Workshop on Revised NAAC Norms and Procedures	07-01-2021 to 15-01-2021
	UGC STRIDE Sponsored Five Day Online Training Program on Environmental Sustainability & Research Ethics	08-02-2021 to 12-02-2021
	Short Term Training program on Enhancing Emotional Intelligence in Academicians to Connect with Next Generation Students	19-07-2021 to 24-07-2021
	Digital Teaching Methods in Higher Education	23-08-2021 to 28-08-2021
Sudharshan H L	Online two-week interdisciplinary Refresher Course / FDP on Advanced Research Methodology Tools and Techniques	15-04-2021 to 30-04-2021
Victor Raj	Soft Skills for Capacity Building	22-02-2021 to 26-02-2021
	FDP on Integrated Learning and NEP 2020	12-07-2021 to 17-07-2021
Yamini Gowda	Exploratory Factor Analysis Using SPSS: Process & Interpretation and Structural Equation Modelling Using SPSS AMOS	17-02-2021 and 20-02-2021 & 08-03-2021 to 11-03-2021
	5 Days Faculty Development Programme on Impact of Covid on higher education & research initiatives	24-05-2021 to 28-05-2021
Annet Shaju	Applying Transactional Analysis to Self	16-01-2021 to 04-12-2021
	Suicide prevention summit - an online conference	24-07-2021 to 25-07-2021 and 26-09-2021 to 30-09-2021

### Number of teachers provided with financial support to attend conferences/ workshops

Name of teacher	Name of conference/ workshop attended for which financial support provided	Amount of support
Sudharshan H L	Online two-week interdisciplinary Refresher Course / FDP on Advanced Research Methodology Tools and Techniques	1,100.00
Maxim Pereira	Online two-week interdisciplinary Refresher Course / FDP on Advanced Research Methodology Tools and Techniques	1,100.00



## MOU SIGNED WITH OTHER ORGANISATIONS

SL.NO	DATE	NAME OF THE ORGANISATION
1	20-08-2020	Vedadrama India Pvt., Ltd.,
2	01-09-2020	Spastics Society of Karnataka (Centre for Development Disabilities)
3	05-09-2020	ERNET India
4	15-09-2020	Antidote Mental Health, Bangalore
5	08-10-2020	Environmental and Recycling Solutions India
6	22-10-2020	Arpita Foundation
7	12-12-2020	Rotary Brigade Bangalore
8	23-12-2020	Hope Trust (Arel Hope Recovery Service Pvt., Ltd.,
9	01-01-2021	Archdiocesan Board of Education
10	01-03-2021	St. Claret Pre-University College
11	01-03-2021	Onelife Charitable Trust and Welfare Association, Chennai
12	17-03-2021	Wings Within, Bangalore
13	24-03-2021	ICHARS (Institute of Clinical Hypnosis and Related Sciences Pvt. Ltd
14	29.03.2021	Advanced Systematic Training for Emerging Professionals
15	04-04-2021	Hues of the Mind
16	01.07.2021	M/S S3 Force & Allied Services Pvt. Ltd

## **RESEARCH**

### **Research Development Cell**

Research centre elected new committee members for 2020. In three meetings the committee came up with the activities, programs, and action plan for the academic year. Research Development Cell

Research development cell focused more on updating the guidelines for M.Sc. dissertation for Counselling Psychology and Psychology Students. Committee members explored on updates in research Handbook, dates for submissions and procedure for submitting Proposal etc.,

The coordinator shared formats for proposal submission, ethics check list and other documents with the students and conducted an orientation session on the same.

The committee members reviewed all research dissertation proposals of students and provided feedback with the research supervisors on different chapters, and it was decided to submit the modified/corrected proposal to the supervisors.

### **Research Allotment**

An orientation Program was conducted by the coordinator on M.Sc. Dissertation and Procedure for Selection of the topic for 4<sup>th</sup> Semester students. According to the Areas of Interest of the Faculty, A list of topics were shared with the students.

Students signed up for their preferred topics for their M.Sc. Level Dissertations. List of research supervisor and supervisees were shared by the coordinator.

### **Webinars**

1. Integrating Mindfulness in Counselling
2. Webinar on SPSS
3. Webinar on Emotion Regulation and Mental Health
4. Webinar on Effective Parenting
5. Workshop on "R"
6. Webinar on Sexual Dysfunctions: Overview and Management



### **Research Club**

The club activities emphasizes on the Role of research in the Academics, career development and in clinical setting. The orientation session on “How to do an online search on scientific Literature” and WOS, Scopus and PubMed created an idea on requirements of research article publication and index. The activates were useful in developing research culture among students.

### **Ethics Committee**

The ethics committee members along with the Director and Principal of Montfort college reviewed two research Proposals, which were submitted by the faculty on 10<sup>th</sup> October,2020.

Project-1: “Mental Health and it correlates in university / college going students during COVID 19 pandemic”- Dr. Rajesh and Ms. Neha Parashar Project-2:” PSCACR-Cognitive Re-Appraisal study”- Ms. Aishwarya Iyer and Ms. Neha Parashar. The committee was approved the proposal with specific suggestions.

### **Scientific Committee**

The scientific committee meeting held on 7<sup>th</sup> November,2020. Two faculty, Aishwarya Iyer and Neha Parashar presented their Study details on “Moral Reasoning across the world.” The committee members shared their observations and asked for the modifications on certain areas like sample size and data collection.

## **PROGRAMMES ORGANIZED BY PLACEMENT CELL**

**A class series on UGC-NET/JRF and ICMR-JRF**

**Date:** 7/5/2021, 14/5/2021, 21/5/2021, 4/6/2021 and 11/6/2021

**Time:** 2.00 PM-3.30 PM

**Facilitator:** Dr. Rajesh Kumar, Assistant Professor, Montfort College

**Participants:** 92 students (1<sup>st</sup> Semester MSc Psychology and MSc Counselling Psychology and 4<sup>th</sup> Semester MSc Psychology), Montfort College had participated in this program.

**Interaction On Pursuing PhD Abroad – A Webinar:** The Placement Cell organised a virtual webinar on pursuing Ph.D. abroad led by Dr. Gayatri Ganapathy, alumni of Montfort college PN 2<sup>nd</sup> March 2021 from 5.30pm to 6.30pm and there were seventy participants in the session. The hosts of the evening- Niharika Kamath and Raga Lahari, first year MSc Psychology students- along with Dr. Maxim Pereira began the session by introducing the speaker. The webinar was held on Zoom with approximately 70 participants.

**Resume Writing:** The placement preparation talk was organised by the placement cell, to prepare the final year students to write an effective and impactful resume on 13<sup>th</sup> March 2021 from 10.00am to 12.15pm. Floyd Charles Fernandes, a Human Resource at Oracle was the facilitator. The session was organised on an online platform (Zoom). The session was concluded at 12.15pm with feedback from the students and vote of thanks. Twenty-four (24) participants benefitted the session.

**Starting Young to Raise Mindful Individuals:** The Placement Cell of Montfort College organised a webinar on the topic “Starting young to raise mindful Individuals” on the 15<sup>th</sup> of March 2021 at 6:30pm to 8.00pm with twenty-five (25) participants. The session was first in the series “What Next?” Ms. Yeshaswini introduced the topic of the webinar and welcomed all the participants and introduced the moderator Ms. Lopamudra Goswami, alumni, and handed over the session to her. Ms. Lopamudra being the moderator first introduced the resource persons Ms. Sharon Antony and Ms Suhaina Sulatan both of whom were the Montfort college alumni and were working as school counsellors.



**“Career Opportunities for Psychology Graduates “– A Webinar:** A webinar on Career Opportunities for Psychology Graduates was organised by the Placement Cell on 3<sup>rd</sup> March, 2021 from 6:30pm to 8:00pm. The session was led by Ms. Lopamudra Goswami on Zoom and was attended by approximately 57 participants. It was an insightful and enlightening evening which gave all the students several innovative ideas and tips for their career. The session ended with a vote of thanks by the hosts- Sanjay Leonard and Priya Gomati.

**“From Campus to Career “– A Webinar:** ‘From Campus to Career’- a talk by Ms. Amulya DSL, Counselling Psychologist, was the first in the series of events being organised by the Placement Cell of Montfort College for the benefit of all the students. The event was hosted by Ms. Priya Gomati and Ms. Catherine George, student coordinators of the Placement Cell, on Zoom from 5:30pm to 6:30pm on 17<sup>th</sup> February 2021 with seventy-one (71) participants. Majority of the audience were second year students and first year students.

**Facing The Job Interview:** The Placement Cell of Montfort College organised a webinar on the topic “Facing the Job Interview on 24<sup>th</sup> of April 2021 at 4:00pm for the second-year students. At first, Dr. Maxim Pereira, welcomed everyone and introduced the resource person, Mr. Lemuel. After the presentation which ended at 5:15 pm, Mr. Lemuel answered the questions of the participants till 5:50 pm. The session ended at 5:50 pm.

**Campus Recruitment:** Campus Recruitment was conducted for second year MSc. Students of Psychology and Counselling Psychology on 13.05.2021. Twenty-four (24) Students participated in the Campus Recruitment Process. The recruitment process came to end at 4.00 pm.

## 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 2020-21. In the light of the pandemic, most of the activities were conducted virtually. The core objective of these events was to install psychological wellbeing. The members of the NSS unit had unanimously agreed to work for this cause. Following are the events conducted.

**Workshop On Menstrual Hygiene for Adolescence:** As part of *National Girl Child Day – 2021* Montfort College in collaboration with 'Bangalore Multipurpose Social Service Society', conducted a workshop on "Menstrual Hygiene" on 28 January 2021 with 57 participants and 30<sup>th</sup> January 2021 with 11 participants at St. Anthony's Kannada Medium High School, T.C. Palya, Bangalore.

**Workshop On Breaking Barriers in Mental Health:** Montfort College in collaboration with 'Bangalore Multipurpose Social Service Society,' conducted a workshop on "Breaking Barriers in Mental Health" on 18 & 19 February 2021 at Lourdes Boys High School, Ulsoor, Bangalore, for 10<sup>th</sup> Standard Students. Overall, there were fifty-five participants who were benefited from this workshop.

**Workshop On Mental Health for Adolescence:** Montfort College in collaboration with 'Bangalore Multipurpose Social Service Society,' conducted a workshop on "Mental Health for Adolescence" on 29 January 2021 at St. Anthony's Kannada Medium High School, T.C. Palya, Bangalore, for the students of 10<sup>th</sup> Standard who were hundred and six participants. Dr. Seetha Belavadi and Sr. Precilla Braggs, volunteered to be the resource persons for the workshop.

And again, in collaboration with 'Bangalore Multipurpose Social Service Society' Montfort College Family Counselling Centre conducted a workshop on "Mental Health for Adolescence" on 29 January 2021 at St. Anthony's Public School, T.C. Palya, Bangalore, for the eighth(online) 9<sup>th</sup> and 10<sup>th</sup> Standard Students (offline) with thirty-nine (39) participants. Shinto Jacob, Ajay Kumar, A. Chinnasamy Yesuraj, Mariya Indira.R, and Shiny volunteered to be the resource persons for the workshop.

**Cleanliness drive (5<sup>th</sup> to 10<sup>th</sup> October 2020)** The NSS unit of Montfort College organised 14 workshops in 14 different institutions in 14 cities of India. Montfort Students reached out to various institutions and sought permission to conduct a virtual event to sensitise on cleanliness.



**Ashwaasan—the Mental health helpline** (4<sup>th</sup> March 2021) Family Counselling Centre of Montfort College and the Rotary Brigade Bangalore associated to revive the free helpline tele-counselling service. The motto of this project is to help the needy who cannot afford to pay the counselling sessions and who cannot travel from one place to the other for sessions.



**Awareness Program on Women's Mental Health on Women's Day at Church Street, Bangalore**

(6<sup>th</sup> March 2021) The Student's Council and the NSS unit of Montfort College organised cluster of events in the Church Street. The objective was to educate the public on the role of women during pandemic. Students presented street plays, songs, group dance and other activities which attracted crowd.

**Workshop on Psychological Wellbeing for Students of Kairali Niketan Degree College**

**College** (31<sup>st</sup> May 2021) The college reached to Montfort College seeking assistance for their management students who were feeling anxious due to the second wave of the Covid-19 pandemic. About 100 students of Kairali College underwent this intense workshop for 2 days.

**Blood-donor's day** (14<sup>th</sup> June 2021) To create awareness and motivate public towards blood donation, the NSS and the Red-cross units of Montfort College organised a social media event. A student interviewed the guest, and it was live streamed in the Facebook and Instagram official page of Montfort College. This interview had attracted sizeable views.

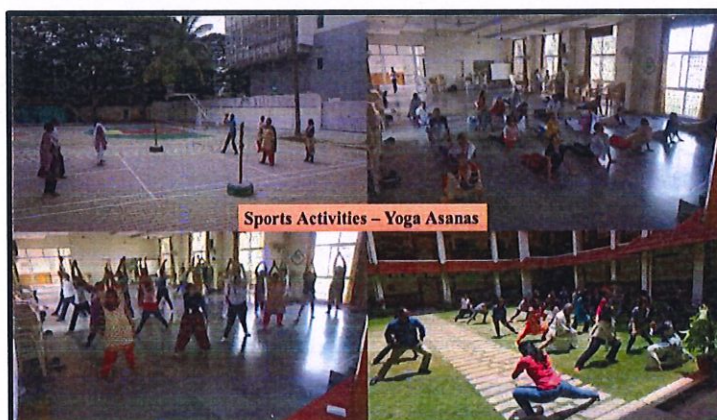




## EVENTS (CULTURAL, COMMEMORATIVE AND SPORTS)

**Inauguration of The New Academic Year 2020-2021:** The inauguration of the new academic year was held on 21st January 2021 at 10AM in the college auditorium. Due to the pandemic a few freshers were present offline and those who were not able to be physically present in the campus attended online. The programme ended at 1:00 PM with hundred and sixty-two participants.

**Student Council Elections:** The much-awaited event of the year, the Montfort College Student Council Elections, took place on 10<sup>th</sup> February 2021 from 2pm to 4 30pm on Microsoft Teams. The Student Council Coordinators- Sudharshan Hebbani, Annet Shaju and Yamini Gowda- along with the Principal, Bro.



Victor Raj collaborated on all the decision making for the elections and oversaw the entire event from start to finish. The election dates, posts and their roles were announced on 3<sup>rd</sup> February 2021 via email to all the students and faculty. The students were also provided with a set of guidelines for on-campus as well as virtual campaigning including the COVID regulations.

The college was filled with vibrant energy and excitement from the day of the announcement of the elections all the way up to the declaration of the results. Bro. Victor announced the winning candidates of the student council.



**Independence Day celebration:** Cultural committee of the College organized Independence Day. Dr. Sreenivas, Chairman, Department of Psychology, Bangalore University and Bangalore North University and Bangalore Central University presided over the event as the Chief Guest. The programme was

begun at 08:00 AM and was concluded at 09:00 AM following the vote of thanks.



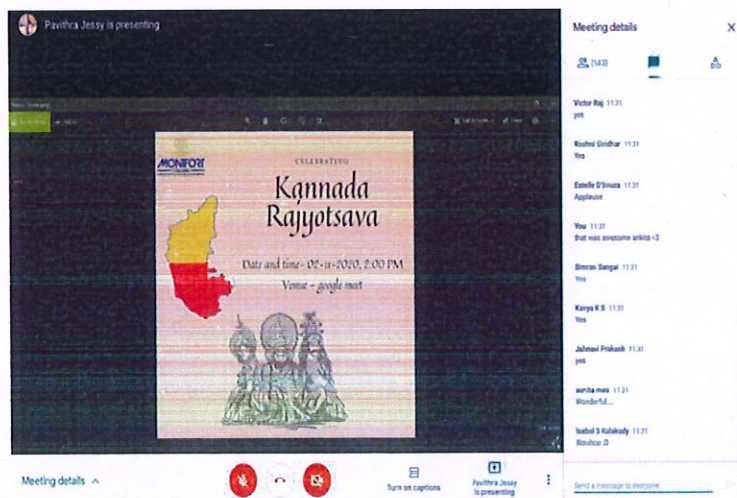
**Teachers Day Celebration:** The teachers day celebration was conducted by the students' council in the college quadrangle on Saturday, the 5<sup>th</sup> of September 2020. The programme commenced at 11:10 AM as the staff rounded up in the lawn following the physical distancing protocols. Events were live streamed online via the college Instagram



handle for the students who attended the programme online. Apart from about 30-35 members which comprised of staff and students who were on campus, an approximate of 40 students joined the event via Instagram.

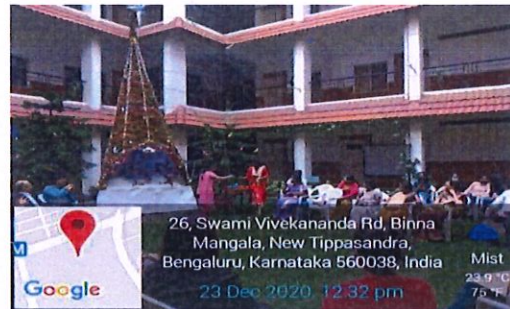
**Gandhi Jayanthi Celebration:** The Gandhi Jayanthi Celebration was organised by the Cultural Committee and Discussion Forum of Montfort College. The event commenced at 11AM on 4th October 2021 with a welcome address from the Principal, Brother Victor Raj. He introduced the Guest speaker for the day, Dr. John Peter who is the Director and PGP Chair of Bharathidasan Institute of Management. The event then ended with a vote of thanks.

**Kannada Rajyotsava Celebration:** Montfort College celebrated 64<sup>th</sup> Kannada Rajyotsava on Monday, 2<sup>nd</sup> of November 2020. Due to COVID-19 and lockdown, the event was organized online via Google Meet. Dignitaries such as Bro. Mathew Panathanath, Director of Montfort College and Bro. Victor Rag, Principal of Montfort College graced the event with their presence along with all the faculty members and students at the college. The two-hour long event ended with the Karnataka State Anthem *Naadageethe*, which held the Kannada pride higher.



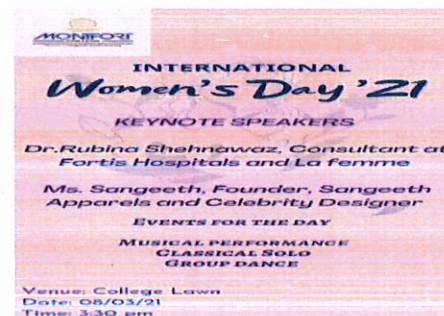
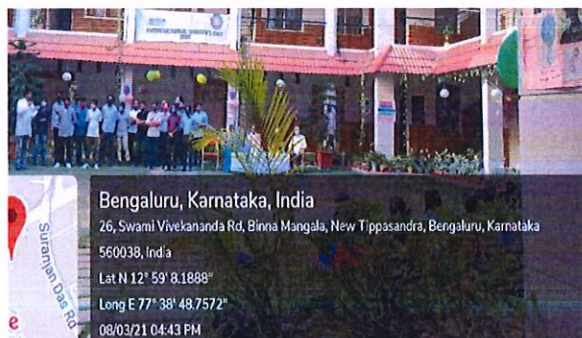


**Christmas Day Celebration:** The Christmas celebrations at Montfort college began with the entire staff gathering around the Christmas tree in the college quadrangle from 11:20 AM to 12:00 PM to on the 23rd of December 2020. An approximate of 27 students attended the event online and while 45, including staff and hostellers participated in the event



on campus. Father James Shekar, an alumina of the college was the chief guest for the Christmas celebrations.

**International Women’s Day:** The International Women’s Day celebration was organised by the Art club in association with the Student Council to commemorate the UN’s theme for the same- “Women in Leadership: Achieving an equal opportunity in a COVID-19 world” - on 8th March



2021 at Montfort College. For the event, there were two guests of honour: Dr. Rubina Shehnawaz, a consultant at Fortis hospitals and Ms. Sangeeth, founder of Sangeeth apparels. The event was concluded at 4.50 PM following the distribution of tokens of appreciation n to the chief guests by the principal.

### World Elders Day

1<sup>st</sup> of October is remembered as World Elders Day. A program for the elders was organised by Montfort College along with Family Counselling Centre. This year’s theme for Elders’ Day was “**Digital Equity for all Ages.**” With not many people on campus due to covid restrictions, we could manage to dedicate the day for a few seniors who could make it. The covid protocols were strictly adhered to.



**FELICITATION TO DR. T.D. KEMPARAJU, VICE CHANCELLOR OF BENGALURU NORTH UNIVERSITY:** A programme to felicitate Dr. T.D. Kemparaju, former Vice-chancellor of Bengaluru North University (BNU) who had just retired, was held on 27<sup>th</sup> July 2021 in the Audio-visual Room of the college. The Programme started at 12:30 pm and at the end, Ms. Yamini proposed the vote of thanks to everyone.



**Utharothsava -Online Intercollegiate Cultural Competition:** The Utharothsava 2020 fest was organized by the Bangalore North University. Some of the categories were music, dance, theatre, literary and fine arts. The participants were required to submit their recorded videos via email or were required upload it on google drive. Montfort college won two prizes in overall fest such as third prize won by first semester counselling Psychology student Taruni Priya Sai. V in classical singing and first prize in western singing won by Melissa George from second year third semester Psychology.

### **Webinar on Mental Health in an Unequal World**

Montfort College IQAC and Montfort Institute of Advanced Studies collaborated to organize a five-day online seminar on the theme “Mental Health in an Unequal World.” This online seminar was aimed at enabling the current students of both the sister institutions to cope with the difficulties that the pandemic poses and to gain skills that would enable them to help others through the counselling sessions they provide during practicum. The topics were chosen with the special focus of highlighting the diversity of mental health and the access of diverse types of mental health support. Five specialists well-known in their field were invited to share their experiences on diverse topics, one on each day.

### **International Yoga Day**

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



### **Interactive Sessions on Mental Health with MDtok**

The IQAC of Montfort College collaborated with MDtok, Virginia, USA to provide mental health support to mental health trainees and professionals. This was seen as more important because there has been a great surge in the requirement of competent psychologists and counsellors during the pandemic. An oral agreement was arrived at with MDtok, which is based in USA and provides fast and straightforward second opinions with technological support in the field of medicine. MDtok had initiated a series of 10 interactive sessions between our students, teachers, and their experts on various topics related to mental health. These interactive sessions were organized between 19 June and 14 October, 2021 from 07:00 to 08:00pm IST on an online platform using Zoom







### **Farewell and Graduation**

The much-awaited graduation ceremony of Montfort College post pandemic was organised on Wednesday, 27th October at 3:30 pm. The post graduate students of M.Sc. Psychology and M.Sc. Counselling Psychology who belonged to the batches of 2018-20 and 2019-21 respectively participated in the event. 144 students were physically present for the ceremony. It was an occasion they were eagerly waiting for to meet their friends before they parted ways and moved ahead in life. A live stream link was shared for those parents who could not make it for the event.

The chief guest for the graduation ceremony was Dr. Venkatesha Murthy, Registrar (Admin), Bengaluru North University. The guest of honour was Provincial Bro. George P.J.

The event began with the graduates marching in, ushered by Ms. Sritha Sandon, Associate Professor. After invoking Almighty's blessings and lighting the lamp, Principal Bro. Victor Raj welcomed the guests. Our Provincial gave the commencement address. Brother highlighted the fact that by moving out from a premier institution catering to mental health and well-being, the students would be healing so many people in the future. The graduating students received their certificates from the guests. Dr. Murthy addressed the graduates, wished them good luck for their future. After the formal events, to entertain their seniors, there were two dance performances by the juniors. The graduates were treated to a cold pyro before the national anthem. The program concluded at 6 pm.

Refreshments were provided to all the guests who attended the event.

### **CONCLUSION**

Montfort College, Bangalore has successfully completed many years of academic excellence spreading remarkable contribution in the field of mental health education and services. We thank God for his continued blessings on all stake holders of Montfort College and pray for God's continued blessings in the years to come.

  
**Principal**  
**MONTFORT COLLEGE**  
184, Old Madras Road,  
Bengaluru - 560 038.