



# Annual Report

2021 - 22

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## **INTRODUCTION**

MONTFORT COLLEGE, 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 the 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, Montfort College has become affiliated to Bengaluru North University. It 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.

In 2021, Montfort College launched its undergraduate programme. It provided four graduate programmes in various fields, including Bachelor of Arts (B.A), Bachelor of Science (B.Sc), Bachelor of Commerce (B.com), and Bachelor of Business Management(BBA) which is compliance with NEP 2020. Psychology, Journalism, Mathematics, Statistics, and Computer science are some of the different streams provided in these arts and science courses. These programmes are three years' degree with the fourth year leading to an honours degree.

## **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:

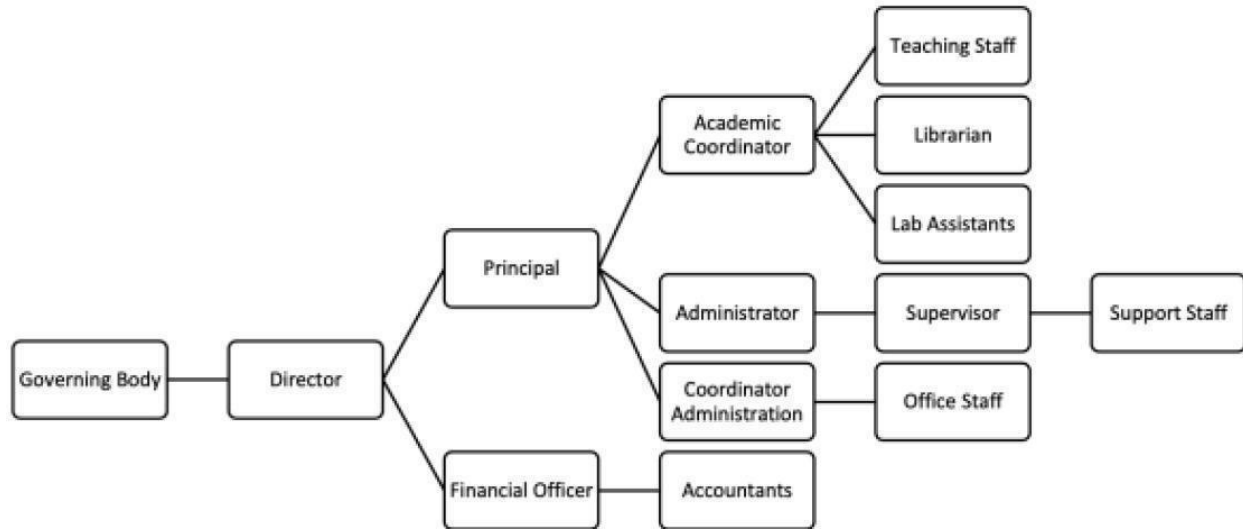
1. Achieve adequate mental formation of students towards self-awareness and personal integration.
2. Achieve excellence in teaching, learning and research.
3. Enthuse them in the promotion of holistic mental and emotional health.
4. Provide experiential and skill-based training.
5. Apply advances in 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 Padikara, Chairman
- Bro. Jenny Kuriakose, Vice Chairman
- Bro. Arul Raj, Secretary
- Bro. Mathew Panathanath, Member
- Bro. Lawrence Joseph, Member
- Bro. M. K Joseph, Treasurer
- Bro. Augustine Novello, Member
- Bro. Sebastian Antony Samy, Member

## **GOVERNING COUNCIL**

- Bro. Mathew Panathanath, Montfort College
- Bro. Victor Raj, Principal, Montfort College
- Bro. Arul Raj, Director, Member
- 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

## **IQAC**

- Dr. Victor Raj, Principal, Montfort College, Chairperson
- Dr. Mathew Panathanath, Director, Management Representative (Outgoing)
- Br. Arul Raj, Secretary(Outgoing) Director (Incoming)
- Bro. M. K Joseph, Bursar & Administrator, Management Representative (Outgoing)
- Bro. Thomas Montfort, Bursar, Management( Incoming)
- 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**

Sl.No.	Name	Designation
1	Bro. Victor Raj SHJ	Principal – Montfort College
2	Ms Sritha Sandon	Associate Professor
3	Dr. Maxim Pereira	Associate Professor
4	Dr. P. Sudhamayi	Assistant Professor
5	Ms. Yamini Gowda P C	Assistant Professor
6	Dr. Rashmi R	Assistant Professor
7	Dr. Mini Kuruvila	Assistant Professor
8	Paras Sharma	Assistant Professor
9	Saba Jahan	Assistant Professor
10	Dr. Shambavi G	Assistant Professor
11	Thomas Jacob	Assistant Professor
12	Shamala Rudrappa	Assistant Professor
13	Dr. Lily David Nirmal	Assistant Professor
14.	Dr. Rajalakshmi	Assistant Professor
15.	Dr. Vittal Talvar	Assistant Professor
16.	Mr. Srinivas	Assistant Professor
17.	Mr. Manjunath	Assistant Professor

**NON-TEACHING AND SUPPORT STAFF**

Sl.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

- Adnan Ahmed, President
- Maithili Rachel Manoharan, Vice President
- Aditi Kaushik, Event Secretary, Student Council
- SriAbinaya, Sports Secretary, Student Council
- Sarah Paul, Treasurer, Student Council
- Niharika Kamath, Class Representative
- Merlin Susan Baiju, Class Representative
- Banisha S K Kharkongor, Class Representative
- Esha kathpalia, Class Representative
- Supriya Anantha, Class Representative

## VARIOUS COMMITTEES AND CLUBS

### (i) Discussion Forum

Sl. No.	Name	Designation
1.	Ms. Yamini Gowda	Coordinator
2.	Ms. Vennam Deepshika	Student Member

### (ii) Research Club

Sl. No.	Name	Designation
1.	Dr. Sudhamayi	Coordinator
2.	Mrs. Shamala Rudrappa	Member
3.	Ms. Anindita Rao	Student Member

**(iii) Eco Club**

<b>Sl. No.</b>	<b>Name</b>	<b>Designation</b>
<b>1.</b>	<b>Mrs. Saba Jahan</b>	<b>Coordinator</b>
<b>2.</b>	<b>Shreya Pandey</b>	<b>Student Member</b>
<b>3.</b>	<b>Saleena Alejandra</b>	<b>Student Member</b>

**(iv) AICUF**

<b>Sl. No.</b>	<b>Name</b>	<b>Designation</b>
<b>1.</b>	<b>Dr. Lily David</b>	<b>Coordinator</b>
<b>2.</b>	<b>Dr. Vittal Talavar</b>	<b>Member</b>
<b>3.</b>	<b>Anaha Akash</b>	<b>Student Member</b>
<b>4.</b>	<b>Anand Geeve Mathew</b>	<b>Student Member</b>

**A. Statutory Committees****(i) Grievance Redressal Cell**

<b>Sl. No.</b>	<b>Name</b>	<b>Designation</b>
<b>1.</b>	<b>Bro. Dr. Victor Raj</b>	<b>Principal</b>
<b>2.</b>	<b>Ms. Sritha Sandon</b>	<b>Convenor</b>
<b>3.</b>	<b>Dr. Maxim Pereira</b>	<b>Member</b>
<b>4.</b>	<b>Dr. Subaida Anwar</b>	<b>Member</b>
<b>5.</b>	<b>Mrs. Saritha Mathew</b>	<b>Admin Superintendent</b>

**(ii) Anti -Ragging Cell**

<b>Sl. No.</b>	<b>Name</b>	<b>Designation</b>
<b>1.</b>	<b>Bro. Dr. Victor Raj</b>	<b>Principal</b>
<b>2.</b>	<b>Mrs. Lalitha Ganapathy</b>	<b>Nodal Officer</b>
<b>3.</b>	<b>Dr. Rashmi R</b>	<b>Convenor</b>
<b>4.</b>	<b>Dr. Rajalakshmi K</b>	<b>Member</b>
<b>5.</b>	<b>Mrs. Dorathy J Dominic</b>	<b>Member</b>
<b>6.</b>	<b>Ms. Amirta Chhatry</b>	<b>PG Student Member</b>
<b>7.</b>	<b>Ms. Anjali Rajesh</b>	<b>UG Student Member</b>

\*UGC norms applicable

**(iii) Internal Complaint Committee (Anti-Sexual Harassment)**

<b>Sl.No.</b>	<b>Name</b>	<b>Designation</b>
<b>1.</b>	<b>Dr. Lily N David</b>	<b>Convenor</b>
<b>2.</b>	<b>Mrs. Sritha Sandon</b>	<b>Member</b>
<b>3.</b>	<b>Mes. Shamala Rudrappa</b>	<b>Member</b>
<b>4.</b>	<b>Mrs. Saritha Mathew</b>	<b>Member</b>
<b>5.</b>	<b>Mrs. Dorathy J. Dominic</b>	<b>Member</b>
<b>6.</b>	<b>Dr. Janet Parameshwaran</b>	<b>External Expert</b>
<b>7.</b>	<b>Adv. Mohana Rangam</b>	<b>Lawyer</b>
<b>8.</b>	<b>Ms. Veena Venugopal</b>	<b>Student Member</b>
<b>9.</b>	<b>Ms. Adnan Ahmed A M</b>	<b>Student Member</b>
<b>10.</b>	<b>Ms. Neha Dugar</b>	<b>Student Member</b>

**(iv) Human Rights and Social Justice & Equal Opportunity Cell**

<b>Sl.No</b>	<b>Name</b>	<b>Designation</b>
<b>1</b>	<b>Dr. Sudhamayi</b>	<b>Convenor</b>
<b>2</b>	<b>Dr. Vittal Talavar</b>	<b>Member</b>
<b>3</b>	<b>Mrs. Saba Jahan Khan</b>	<b>Member</b>
<b>4.</b>	<b>Ms. V Deephika</b>	<b>Student Member</b>
<b>5.</b>	<b>Ms. K M Swathi</b>	<b>Student Member</b>
<b>6.</b>	<b>Ms. Supriya Anantha</b>	<b>Student Member</b>

**Caste Based Discrimination Cell, SC/ST Cell & OBC Cell**

<b>Sl.No</b>	<b>Name</b>	<b>Designation</b>
<b>1</b>	<b>Dr. Vittal Talawar</b>	<b>Convener</b>
<b>2</b>	<b>Dr. Rashmi R</b>	<b>Member</b>
<b>3</b>	<b>Dr. Rajalakshmi K</b>	<b>Member</b>

**Minority Cell**

<b>Sl.No</b>	<b>Name</b>	<b>Designation</b>
<b>1</b>	<b>Mrs. Saba Jahan Khan</b>	<b>Convener</b>
<b>2</b>	<b>Mr. Thomas Jacob</b>	<b>Member</b>
<b>3</b>	<b>Mrs. Mary Auxilia</b>	<b>Member</b>

**(v) Examination Committee:**

Sl.No	Name	Designation
1	Br. Dr. Victor Raj	Chief Superintendent
2	Dr. Rashmi R	Deputy Chief Superintendent
3	Mrs. Shamala Rudrappa	Assistant Superintendent
4	Dr. Vittal Talawar	Assistant Superintendent

**(vi) Library Advisory Committee**

Sl.No	Name	Designation
1	Mrs. Shobha .M. S	Convenor
2	Dr. Sudhamayi P	Member
3	Dr. Shambhavi Shastry	Member
4.	Ms. Anshita Baruah	Student Member
5.	Ms. Sachin Gaur	Student Member

**B) RESEARCH COMMITTEES****(i) Research Advisory Committee**

Sl.No	Name	Designation
1	Dr. Ashok.H.S	Chairperson
2	Dr. Tony Sam George	Member
3	Dr. Catherine S George	Member
4	Dr. Sudha Bhogle	Member



<b>5</b>	<b>Legal Advisor</b>	<b>Member</b>
<b>6</b>	<b>Subject matter expert – Invitee</b>	<b>Member</b>

**(ii) Research Development Cell**

<b>Sl.No</b>	<b>Name</b>	<b>Designation</b>
<b>1</b>	<b>Dr. Lily N David</b>	<b>Convenor</b>
<b>2</b>	<b>Dr. Maxim Pereira</b>	<b>Co-Convenor</b>
<b>3</b>	<b>Dr. Sudhamayi P</b>	<b>Member</b>
<b>4</b>	<b>Dr. Arun Sadasivan</b>	<b>Member</b>
<b>5</b>	<b>Mr. Paras Sharma</b>	<b>Member</b>

**(iii) Scientific Review Committee**

<b>Sl.No</b>	<b>Name</b>	<b>Designation</b>
<b>1</b>	<b>Dr. Ashok H S</b>	<b>Chairperson</b>
<b>2</b>	<b>Mrs. Sritha Sandon</b>	<b>Member</b>
<b>3</b>	<b>Dr. Rashmi R</b>	<b>Member</b>
<b>4</b>	<b>Dr. Sudhamayi P</b>	<b>Member</b>
<b>5</b>	<b>Dr. Maxim Pereira</b>	<b>Member</b>
<b>6.</b>	<b>Dr. Rajalakshmi K</b>	<b>Member</b>

**(iv) Ethics Committee**

<b>Sl.No</b>	<b>Name</b>	<b>Designation</b>
<b>1</b>	<b>Br. Dr. Victor Raj</b>	<b>Chairperson</b>
<b>2</b>	<b>Dr. Janet Parameshwar</b>	<b>Convenor</b>
<b>3</b>	<b>Dr. Sudha Bhogle</b>	<b>Advisor</b>
<b>4</b>	<b>Legal Advisor</b>	<b>Advisor</b>
<b>5</b>	<b>Subject matter expert - Invitee</b>	<b>Advisor</b>
<b>6</b>	<b>Dr. Rashmi R</b>	<b>Member</b>
<b>7</b>	<b>Mr. Paras Sharma</b>	<b>Member</b>

**(v) Innovation and Incubation**

<b>Sl.No</b>	<b>Name</b>	<b>Designation</b>
<b>1</b>	<b>Mr. Paras Sharma</b>	<b>Coordinator</b>
<b>2</b>	<b>Mrs. Sritha Sandon</b>	<b>Member</b>
<b>3</b>	<b>Mr. Thomas Jacob</b>	<b>Member</b>

**(vi) OTHER COMMITTEES****(i) Discipline Committee**

<b>Sl.No.</b>	<b>Name</b>	<b>Designation</b>
<b>1</b>	<b>Dr. Lily David</b>	<b>Convenor</b>
<b>2</b>	<b>Dr. Rashmi R</b>	<b>Member</b>
<b>3</b>	<b>Mrs. Shamala Rudrappa</b>	<b>Member</b>
<b>4</b>	<b>Mrs. Lalitha Ganapathy</b>	<b>Member</b>

**(ii) Placement**

Sl.No	Name	Designation
1	Mr. Paras Sharma	Coordinator
2	Mrs. Lalitha Ganapathy	Member
3	Mr. Manjunath B M	Member
4	Dr. Shambhavi Shastry	Member
5.	Ms. Sri Abhinaya B	Student Member
6.	Ms. Malka Nazeem	Student Member

**H) EXTRACURRICULAR ACTIVITIES****(i) Sports**

Sl.No	Name	Designation
1	Dr. Vittal Talawar	Coordinator
2.	Ms. Sri Abhinaya	Sports Secretary
3.	Mr. Aprameyan Ramesh	Student Member

**Cultural Committee (Creative and Performing Arts – painting, dance, drama & music)**

Sl.No	Name	Designation
1	Ms. Yamini Gowda	Coordinator
2	Dr. Mini Kuruvilla	Member
3	Mr. Srinivasa.P.K	Member
4	Aditit Kaushil	Event Secretary SC - UG

## **WORKING SYSTEM OF THE COLLEGE**

### **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 the 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.

**UG Programmes:** In 2021, Montfort College launched its undergraduate programme. It provided four graduate programmes in various fields, including Bachelor of Arts (B.A), Bachelor of Science (B.Sc), Bachelor of Commerce (B.com), and Bachelor of Business Management(BBA) which is compliance with NEP 2020. Psychology, Journalism, Mathematics, Statistics, and Computer science are some of the different streams provided in these arts and science courses. These programmes are three years' degree with the fourth year leading to an honors degree.

#### **Honor's Program:**

The honor's 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 keep 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 Course in Counselling Psychology (CPCP):** CPCP is a 6 months certificate Course. 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 accurate 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 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:** 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 Programs**

A total of **9 VAPs** were offered to students during the academic year 2021-22. These programs were offered free of cost to students with the sole idea of enhancing their skills and adding more value to the core program they are studying. These value-added programs had a minimum of 30 hours of direct teaching including detailed evaluation. This programme acts as a bridge between academia and industry which goes beyond curriculum for updating skills and latest knowledge. On the successful completion of the program certificates were awarded to students. The following VAPs were offered during the year 2021-22: School mental health, Basics of mindfulness, Personal development, Counselling supervision, Counselling practicum, Trauma informed therapy, Special education, Understanding abuse and Clinical hypnosis level 1.

## **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**

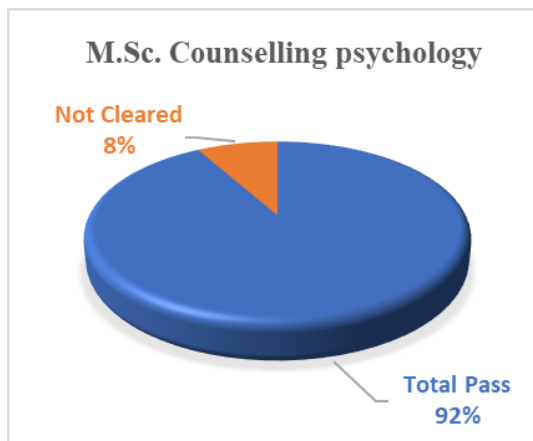
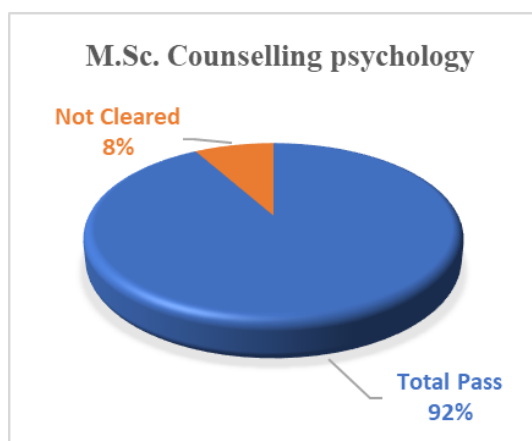
Montfort College on a regular basis upgrades the technological facilities. Following are some of the developments during 2020 – 2021:

- 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

### Result Abstract: 2021 (Batch 2019 - 2021)

Program	M.Sc. Counselling Psychology	M.Sc. Psychology
No. of Students Appeared	49	54
Total Pass	45	50
Percentage	92%	94%



Program	M.Sc. Counselling Psychology	M.Sc. Psychology
First Class Exemplary	12	17
First Class Distinction	31	32
Passed 4 <sup>th</sup> Sem, Not cleared Lower Exam	2	1
University Ranks Obtained	I, II, III, IV & V	I, II, III, IV & V

## ACADEMIC

**Induction Program for 1<sup>st</sup> Semester students:** The program began at 9.30am on **17th February 2022**. The college was happy to invite the freshers to the physical classes after a long gap after admission due to the pandemic. The Principal Dr. Br Victor Raj welcomed the students to the campus. The Director Br Mathew Panathanath gave a motivational speech for the freshers to dream at their greater extent of achieving, quoting the example of famous leaders and legends of our country and encouraged them to aim higher in their academics. This was followed by giving general guidelines about the college by Dr Lily David, Vice Principal of Montfort College. Followed by cultural performance for welcoming the freshers by Undergraduate students and by Postgraduate students of Montfort. Lastly Dr Maxim Pereria, Academic Coordinator thanked one and all who were involved in organizing the inaugural event.

**Orientation to UG students:** As a part of Academic activity of our institution, Orientation Programme was organized on **11<sup>th</sup> October 2021 to 13<sup>th</sup> October 2021**. It was aimed at familiarizing the students to an unknown campus environment, its faculties and infrastructure.

**Bridge Course:** Bridge courses conducted for our UG students from **18<sup>th</sup> of October 2021 to 23<sup>rd</sup> of October 2021**, to give them supplementary knowledge that can be provided to impart basic knowledge in them about the advance subjects that will be taught to them in the upcoming future. The following courses conducted for bridge course.

1. Computer science
2. Kannada
3. Psychology
4. English
5. Financial A/c

**UG Orientation Programme-2022-23:** Montfort College welcomed the new batch of Undergraduate students on the **17th of August, 2022**. Faculty and management along with the senior students organized an orientation program for the fresh batch of UG students for the academic year 2022-23 and extended a warm welcome to the new batch. The students were introduced to the Montfort culture and ensured their success in college.



**Student Council Election:** The students' election campaign and election brought in some fresh energy in the campus after a lull due to pandemic. The students submitted the nominations on **13th November, 2021** after which they started the campaign during short breaks and also by putting posters.

On the day of election, **18.11.2021**, all students gathered in the Auditorium and the contestants were allowed to speak for 3 minutes as to why they should be elected for the post for which they had nominated for.

The college commenced for the first year PG students of Psychology and Counselling on **17.02.2022**. The Phase II election was scheduled for **4th March, 2022** at 2 PM for the posts of I M.Sc Class Representatives, Sports Secretary, and Treasurer for the Student Council. The nominations for different positions were called for on 2<sup>nd</sup> February and the selected nominees campaigned online and offline.

**INAUGURATION OF SILVER JUBILEE CELEBRATION :** Montfort college inaugurated the silver jubilee year celebrations on 17th Sept 2022. It was an occasion of pride as Montfort college was the first to introduce a Psychological Counselling program at master's level in India. the agenda for the silver jubilee year was presented. The event saw a host of cultural programs that celebrated the spirit of Montfort College. Montfort College humbly remembers its 25 years of service to humanity.



## RESEARCH

### Research Development Cell

Research is an important part of Montfort college. Research Development Cell inculcates practice of research culture and various research activities under its umbrella. Research center elected new committee members for 2020. Research coordinator, alongside an ethical committee and scientific committee is formed by the research development cell.

In these meetings the committee came up with the activities, programs, and action plan for the academic year. They are:

- 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 research coordinator allots students of III semester and IV semester under different faculty members for guidance.
- 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 was made by the research coordinator giving students orientation 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 of III Semester for Library dissertations which continues for their IV semester too and Psychological students of IV semester signed up for their preferred topics for their dissertations.
- List of research supervisors and supervisees were shared by the coordinator.

## **Research Club Activities**

Research club involves the academic fraternity in conducting various workshops, seminars, conferences within the institutions and which benefits both students and faculty members. Some of the activities of research club are:

### **Qualitative data analysis**

A Workshop on Research Development was conducted on **16.06.2022**, where 52 students participated. A session on Qualitative Data Analysis was conducted on **12.08.2022** with 57 participants.

A two day session **Qualitative Data Analysis** was conducted **11th and 12th August 2022** by Dr. Sunitha Menzes adjunct faculty at Christ University. The two day session focused on coding, Thematic analysis and Interpretive Phenomenological Analysis(IPA). 57 students participated and benefitted from the session.

## **FACULTY DEVELOPMENT PROGRAM (In-house)**

A Faculty Development Programme was conducted by the IQAC Dept on **25-03-2022**. The FDP titled “**OUTCOME-BASED EVALUATION IN LEARNING**” was facilitated by Dr. Joseph Xavier, Resource Person, at Montfort College in the presence of Dr. Victor Raj, Principal Montfort college and Dr Lily David, Vice-principal and Undergraduate faculties of Montfort College. The FDP concentrated on educating and bringing awareness to the faculty members to adopt an outcome-based evaluation in the learning and assessment of the students. Dr. Joseph Xavier introduced the structure of Graduate attributes, Program Outcomes & Program Specific Outcomes in the UG Programme.

**Increased Visibility of Research Publications through Reputed Database by Dr. Romate John:** The faculty was oriented on how to the academic foot print in research by Dr Romate John on **05-03-2022**. The program concentrated on giving awareness on building the faculty profile in the research area. The present recognition and importance of publishing papers in Scopus Journals and Care list of UGC was centralized. The faculty were also enlightened on their what is Impact factor and ‘H’ index and i10 Index in research.

**Faculty retreat by Fr Rayappa Kasi:** The event began with a solemn prayer by Ms. Sritha Sandon, Associate Professor followed by Dr. Victor Raj, Principal welcoming the Resource Person and the participants on **23-12.2021 & 24-12-2021**. Dr. Kasi thanked and appreciated Ms. Sritha Sandon for taking all through her meditative prayer and the melody that created the aura in the hall. Dr. Kasi started the session by introducing the history and scope of ecopsychology. By

reminding the importance of ecopsychology, he emphasized Gandhi and Buddha's ideas of Swaraj and inner peace.

**Orientation to SDL:** Staff and students of Under Graduate Department had Orientation to Self Directed learning on **11<sup>th</sup> Jan 2022** through G-meet. The resource person was Ms. Sritha Sandon. The objective of this orientation to SDL was introducing this method of learning in academia was to make the learning process enjoyable and not stressful considering the covid 19 pandemic.

#### **Certificate program on Research methodology**

A three day certificate program on research methodology was conducted from **22nd to 24th of March 2022**. Dr. Joseph Xavier was the resource person who revised and trained students in research methodology courses to help them prepare their research proposals.

**During the Reporting period of October 2021- September 2022, the current Annual report reflect various achievement of students, faculty members, and other academic and cocurricular activities of the Institution.**

### **INVITED TALKS/ GUEST LECTURES / WORKSHOPS / SEMINARS**

#### **Case conference (MOU activity)**

As part of the mou signed with Surana college, this year's activity started with nine students from Surana college post graduate center, kengeri attending case conference at Montfort college. they were accompanied by prof Sridevi and prof Ravi Agrahara. case was presented by Veronica Bernadine Cormuz of 4th sem m.sc. counselling psychology and was moderated by dr. maxim pereira. Post case presentation students interacted with the presenter and the moderator. Interesting case discussion ensued which revolved around existential therapy as an effective intervention. Dr Maxim Pereira facilitated the discussions.

As part of MOU signed between Montfort College and Sophia High school, Ms. Arya Narendran and Ms. Keerthana of MSc. Counselling Psychology, 2nd year, did their supervised practicum and internship at Sophia High School and. as part of MOU signed between Montfort College and Christ the King Public School, Ms. Anwesh Bhattacharjee, Ms. Basani Anusha, Ms. Kirtika and Ms. Yeshaswini of MSc. Counselling Psychology, 2nd year, did their supervised practicum at Christ the King Public School during the academic year 2021-22.

During this time, they regularly visited the school on practicum and internship days and offered counselling to a number of students to help them deal with issues like academic performance, behavioural concerns, family problems and so on. Students greatly benefited from these counselling sessions.

As part of the collaboration between Montfort College and Spastics Society, faculty from Montfort College took classes on Child Development for the students of Diploma in Education (Special Education) Intellectual and Developmental Disabilities on Saturdays from August 6, 2022 to October 29, 2022 at Spastics Society, Indianagar. The participants appreciated the teaching by the faculty of Montfort College and benefited from these classes.

Mr.Paras Sharma, Asst. Professor addressed the students of Dr. S.R Chandrashekhar Institute of Speech and Hearing, Bangalore on the 14th January 2022 and talked about coping with the difficulty of being productive during the pandemic and shared techniques of managing distress Addressed the faculty of the same institute on the 17th January 2022 and talked about the challenges that were shared by the students and how the faculty can help them address the same. The faculty's own challenges of teaching in the pandemic were also addressed and the basics of Nonviolent Communication were taught.

#### **Academic traineeship programme (MoU activity)**

As part of its MoU with Montfort College The Alternative Story x MV Foundation Academy invited applications from students of M.Sc. Counselling Psychology and M.Sc. Psychology

students from the batch of 2022 for its Academy Traineeship programme. there were three rounds of group discussion to shortlist the students for the final round of personal interview. At the end of the interview round, 9 students were selected for the Academy Traineeship. The selected students were trained by The Alternative Story x MV Foundation academy and completed 200 hours of traineeship between August 2022 and December 2022. Upon successful completion of their traineeship, they were awarded Rs. 7500/- and placed at The Alternative Story as Consultant Counselling Psychologists.

As part of the MoU with Dr. Sudharshan of Surana College along with one student from Montfort College and one from Surana College conducted a two day training program on mental health that provided stress management and counselling skills training to doctors of Akash medical college, Devanahalli on 14th July, 2022.

### **EXTENSION ACTIVITIES: NSS activity (Extension / outreach program)**

Extension activities are an integral component of programme 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 organized various following programs during the year 2021-22. In the light of the pandemic, most of the activities were conducted virtually. The core objective of these events was to install psychological well-being. The members of the NSS unit had unanimously agreed to work for this cause. Following are the events conducted.

A program was organized by FCC Counsellor Sebastian Benny and Mrs Lalitha Ganapathy on **1st October 2021** in collaboration with student volunteers from Montfort College. The event was organized in the Montfort College campus and 11 senior citizens participated.

A webinar on Learning Strategies was organized by the NSS unit of Montfort College Family in collaboration with Women and Child Welfare Board of Kerala. It was a two-days online program conducted on 23rd September 2021 & 24th September 2021, from 11:00 A.M. to 01:00 P.M.

Around 500 people participated in the program. over the two day period Mrs Teena Paul, founder Director of Giftolexia addressed the gathering and gave a brief talk about the webinar and the services offered and Machine Language and Sign Language. Mrs. Lalitha Ganapathy who discussed the various hand exercises and explained the importance of improving psychomotor activity and also explained the pros and cons of dyslexia. the NSS volunteers conducted activities with participants to make the session more interactive.

NSS Volunteers Anmolpreet Kaur, Jeshilla John, Shruthi Sharma, Swetha U and Zeba Saher of IV MSc Psychology conducted a session on "Sex- Education" for Undergraduate students of Montfort College on the 27th August, 2022. The main idea of sex education was to bring awareness about the human body in young adults for the safe practices of physical intimacy. The students had a very positive response to the program and exclaimed how helpful the session was for them to understand safe practices to reduce sexually transmitted infections and diseases.

On 24th January 2022 the NSS Volunteers of Montfort College and Counsellors of Sampurna Montfort Family Counselling Centre jointly celebrated National Girl Child Day at Anganwadi, Old Byappanahalli, Bangalore. Mr. Sebastian Benny, FCC counsellor and NSS volunteers conducted art and craft activities and fun games for the children. they were also provided with gifts which included school bags, stationery and blankets. The parents of the children who witnessed the program appreciated and thanked them for spending time with their children and also for creating awareness about the day.

On 04th February 2022, an orientation session on the need for counselling was organized by NSS volunteers of Montfort College for the students of Yuva Seva Educational Trust, an educational institution run by Echo-Centre for Juvenile Justice, Mr Sebastian Benny, FCC counsellor and NSS volunteers Mr Adnan Ahmed A M and Mr Anand Geeve Mathew conducted a session on the benefits of counselling. The session primarily focussed on the meaning and purpose of counselling, those who can avail it and the necessity of counselling. The students of Yuva Seva Educational Trust gained insight into the nuances of counselling and its need.

NSS Unit of Montfort College organized a career counselling session on 25th February 2022 in collaboration with Freedom Employability Academy. It is a unique poverty alleviation program operating in North India's Hindi belt. The FEA program builds ethical, productive mindsets and core employability skills, including English language and digital literacy. Additionally, FEA provides career guidance and mentorship. The session focussed on advice-giving, support and to

help these students to manage their journey through life, learning and work changes.

On 27th June 2022, FCC counsellor and NSS volunteers of Sampurna Montfort College conducted an awareness programme on Child Rights at **Government School, Kothanoor, Bangalore**, for the students of grade 7. The session threw light on various rights of the child, such as Right to Protection, Right to Participation, Right to Survival, Right to Development, understanding of abuse and also on Articles 1 to 42.

On 8th of August 2022, Three NSS Volunteers Anaha Akash, Lereza Rachel Zachariah and Merlin Susan Baiju, students of MSc. Counselling Psychology conducted an awareness programme for the students of Sacred Heart Girls PU College on mental health awareness along with FCC common problems faced by adolescents like Stress, Addiction, Bullying and Peer Pressure were discussed. The importance of counselling was covered and its goals and benefits were explained in detail.

#### **Visit to Anganwadi (extension / outreach program)**

On 20th December 2021, NSS volunteers of Montfort College visited Anganwadi located at New Bypanahalli. The purpose of the programme was to raise awareness about the purpose of Family Counselling Centre and the helpline number among people. The NSS volunteers and the FCC counsellor explained in detail the objectives of Family Counselling Centre to everyone and requested the parents to report any cases related to domestic violence and abuse. The session helped the parents gain a deeper understanding of the objectives of the family counselling center and the support offered by the same.

On 13th April 2022, a session on Government Schemes was organized by NSS Unit at Anganwadi located at Appareddy Palya-1, with the support of Anganwadi teacher Mrs Susheela. Mr Sebastian Benny, FCC counsellor and Dr Vittal Talwar, Assistant professor and NSS coordinator of Montfort College jointly conducted an awareness programme on Government Schemes which can be accessed by the underprivileged sections of the society.

The National Service Scheme Club at Montfort College organized 'Shramadhan' on 27th May, 2022 to align with the purpose of service, which is an essential aspect of teaching and learning.



Activities included painting the wall, broom making, plastic-picking within the campus and cleaning the footpath in front of college. The prepared broomsticks were collected and the waste materials that were collected as a part of cleaning and plastic-picking were disposed off diligently.

**Bala Mela:** The students and staff of Montfort College celebrated Bala Mela on **20-11-2021**, an outreach program that aims to empower students and encourage them to become responsible citizens. The children from three different orphanages were invited and the entire day was dedicated to the them. There were 120 participants including the caregivers as guests, 111 students and 21 staff members.



## Community outreach programme

As part of the Community Outreach Programme PG students of Montfort College under the guidance of Dr. Shambhavi along with the Family Counselling Centre visited the Appareddy Palya Anganwadi to conduct an awareness program on Parenting and Nutrition for the Parents of children in the Anganwadi. The 'Paalane Poshane Karyakrama' was aimed at making the parents aware of developmental milestones, developmental delays, nutritional needs of the children and the initiatives undertaken by the Government as part of the ICDS scheme.

## Gender Sensitization Programs:

On 22 February 2022, a **gender- sensitization program** “Don’t Cross the Line” was organized for the staff and students. The program was facilitated by Ms. Karuna Bhaskar, founder-director of Resilience Works, Bangalore. The program focused on clarifying what would constitute as sexual harassment and informed the participants about ways in which these could be avoided.

Ms. Bhaskar also informed the participants regarding the various laws and protections available and how each person could handle sexual harassment.

The entire month of July 2022 was observed as **PRIDE month** by the college and the social-media club organized a photography contest with PRIDE as the theme to observe the same. This program was aimed at sensitizing the students, staff, and the general public to the various issues and concerns relating to people who subscribe to non-binary gender identities.

An **awareness program on menstrual hygiene** was carried out on 27 May, 2022 by the students and staff of Montfort College through NSS and FCC for the school students of Karnataka Public School, Bangalore.

**Outreach Programme:** As part of the Community Outreach Programme PG students of Montfort College under the guidance of Dr. Shambhavi along with the Family Counselling Centre visited the Appareddy Palya Anganwadi to conduct an awareness program on Parenting and Nutrition for the Parents of children in the Anganwadi on **14<sup>th</sup> of June 2022**. The Paalane Poshane Karyakrama was aimed at making the parents aware of developmental milestones, developmental delays, nutritional needs of the children and the initiatives undertaken by the Government as part of the ICDS scheme.

## **CAPACITY BUILDING**

**National Voters' Day:** The National Voters Day was observed on **25th January 2022**, at 9:00 am over the Microsoft Teams. In the beginning Dr. Maxim welcomed one and all and then made a brief presentation on the following:

- The History of the Voters Day
- The Significance of the Voters Day
- The Objective of the Voters Day
- The Theme of this year for the Voters Day

**Outcome based Evaluation-Ms Sritha Sandon:** A Faculty Development Programme was conducted by IQAC Dept on **14-2-2022**. FDP titled “Developing outcome-based Evaluation model” for UG Department. The FDP concentrated on educating the faculties to adopt an outcome-based evaluation in the internal assessment of the students.

**FACULTY:****UG STAFF ACADEMIC ACHIEVEMENTS:****1) Dr. Rajalakshmi****Appointed as a Reviewer/Committee Member in Foreign Countries:**

- Appointed as an International TPC Member of the **“2022 International Conference Modeling and Big Data Analytics(CMBDA 2022)”** on July 1-12,2022 in Wuhan,China.
- Appointed as a Reviewer in **“ Advances in Science ,Technology and Engineering Systems Journal (ASTESJ) “** in the United States.

**Attended International Conferences:**

- Presented the paper entitled as **“ Machine Learning Technique for detecting anomalies in Bank Video Surveillance system”** in the online International Conference on Innovation and Recent Trends in Computer Science (ICIRTCS 2022) Organized by St.Martin’s Engineering College, Secunderabad held on 25-26, March 2022.
- Presented the paper entitled as **“ A Review Paper on Various Saving Energy Techniques in WSN ”** at the International Conference on Electronics and Renewable Systems (ICEARS 2022) Organized by St.Mother Teresa Engineering College, Tuitcorin, held on 16-18, March 2022.

**Attended online International Webinars:**

- Participated in the Three days International Webinar on **“Research Methodology”** Organized by Department of Information Technology , Dr.Umayal Ramanathan College for Women, Karaikudi held on 23-25, January 2022.
- Participated in the online International Webinar on **“Advances in Mathematics in Science”** Organized by Science Departments , Idhaya College for Women, Sarugani held on 6-10, January 2022.

### Attended Faculty Development Program:

- Participated in the Faculty Development Programme on “**Applications of ICT Tools in Education** ” Organized by IQAC , Dr.Umayal Ramanathan College for Women, Karaikudi held on 25th September 2021.

### PUBLICATIONS & BOOK CHAPTER BY FACULTY

Ms.Diya Kapur, Mrs. Sritha Sandon	International Journal of Indian Psychology, The Influence of Self-Compassion Intervention on Stress and its Manifestations in Indians Working in the Service Sector During the COVID 19 Pandemic, ISSN number-2348-5396, 2022
Ms.Shamala Rudrappa & Ms.Lalitha Ganapathy	Women at Work A Holistic Outlook , Chapter-"Working women and the 2M (Menstruation and Maternity) in their lives" ISBN/ISSN number of the proceeding 978-93-90423-18-7, Global Vision Publishing House & Global Academic Publishers, New Delhi
Dr.K.Rajalakshmi	IEEE Xplore, A Review Paper on Various Energy Saving Techniques in WSN, DOI: <a href="https://doi.org/10.1109/ICEARS53579.2022.9752215">10.1109/ICEARS53579.2022.9752215</a> , 2022
Dr.K.Rajalakshmi	Journal of Fundamental & Comparative Research, Machine Learning Technique for Detecting Anomalies in Bank Video Surveillance Systems,2277-7067, 2022
Dr.K.Rajalakshmi	Journal of Engineering, Improving the Security of Video Embedding Using the CFP-SPE Method <a href="https://doi.org/10.1155/2022/6903695">https://doi.org/10.1155/2022/6903695</a> , 2022
Ms.Shamala	International Journal of Behavioral Science, Internet Addiction and urban couplesMarital satisfaction among Urban couples, DOI:10.30491/IJBS.2021.268862.1460, 2021

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

Name of the Faculty	PROGRAMME	DURATION
Maxim Pereira	10 days Faculty Development Programme on Supervision for Mental Health Professional	18-11-2021 to 28-11-2021
Dr. Vittal Talavar	6 days International Online Faculty Development Programme on Promoting Quality Culture for Quality Enhancement: A Quality Assurance Measure	19-07-2022 to 24-07-2022
Dr. K Rajalakshmi	6 days International Online Faculty Development Programme on Promoting Quality Culture for Quality Enhancement: A Quality Assurance Measure	19-07-2022 to 24-07-2022
Dr. Mini Kuruvilla	10 days Faculty Development Programme on Supervision for Mental Health Professional	18-11-2021 to 28-11-2021
Victor Raj	10 days Faculty Development Programme on Supervision for Mental Health Professional	18-11-2021 to 28-11-2021
Ms. Saba Jahan	6 days International Online Faculty Development Programme on Promoting Quality Culture for Quality Enhancement: A Quality Assurance Measure	19-07-2022 to 24-07-2022
Ms. Shamala R	6 days International Online Faculty Development Programme on Promoting Quality Culture for Quality Enhancement: A Quality Assurance Measure	19-07-2022 to 24-07-2022

## ACTIVITIES OF MOU SIGNED WITH OTHER ORGANISATIONS

To enable both Undergraduate and Graduate student exchange programmes and to facilitate, communication between academic and administrative employees for seminars, conferences, teaching, and research objectives Montfort college has signed several MOUs with different Institutions and organizations.

Sl. No.	Title of the collaborative activity	Name of the collaborating agency	Name of the participant	Nature of the activity
1	Faculty and Student Exchange	Surana College	Dr. Maxim Pereira	Case Conference Participation, Faculty and Students
2	Practicum	Sophia High School	Arya Narendran keerthana	Counselling School students
3	Practicum	Christ the King School,	Anwesa Bhattacharjee, Kirtika, Basani Anusha and Yashaswini	Counselling School students
4	Faculty Exchange	Spastics Society	Thomas Jacob, Yamini Gowda PC, Shambhavi G, Varun Kaul, Anil Ayyar	Teaching the Diploma Programme
5	Internship	Morajkar Vidyasagar Foundation	Amrita Chhatry Anwesa Bhattacharjee Kirtika N Sarah Paul Smriti Suresh Anmol Nandra Keren Ann Mathews Arpita Sunny, Zeba Saher	Internship
6	Faculty and Student Exchange	Dr. S. R. Chandrasekhar Institute Of Speech And Hearing	Mr. Paras Sharma	Workshop

## **PLACEMENT CELL:**

A total of 26 students were placed in the academic year 2021-22. In addition to the students directly placed through campus placements, the placement committee regularly shared job vacancies at various organizations throughout the year to the graduated students. Students also applied directly to the vacancies and appeared for interviews through the college reference.

## **PROGRAMMES ORGANIZED BY PLACEMENT CELLS/Clubs & Committees**

**Staff Induction Programme:** In order to prepare the faculties for workforce and make them comfortable at workplace and familiarize them to the institutional culture and functioning, a staff induction program was organized for four days from **4<sup>th</sup> October to 8<sup>th</sup> October 2021**.

**Champa Nudi Namana:** Department of Kannada conducted Champa nudi namana. Dr. C.I Prasannakumar was the chief guest on **25-01-2022**.

**Educational Trip for UG:** The Educational Tour was Organized by Department of Commerce and Management for all the UG Students on **07-02-2022**.

### **Women's Day and Ethnic Day:**

**International Women's Day** was celebrated on 14 March, 2022. The theme was "gender equality today for a sustainable tomorrow". Two guests, Mrs. Balvinder Kaur and Dr. Uma Gopala Krishan graced the occasion. They are both women entrepreneurs working for the development of the community. Their talk focused on how women can take charge of their own lives and make powerful contributions to the community. In addition, NSS volunteers and FCC Counsellor organised a women's day program for the inmates of Cheshire Homes, Whitefield, who were differently-abled.

**Parent Teacher Meeting(PTM):** Montfort College organized a meeting with the parents of UG students to update them on the academic progress of their wards on **16-03-2022**.

**Discussion club activity:** The Discussion Club of the college organized a Discussion on the topic **Second-Hand Anxiety**. On the **18th of May, 2022**. The session was moderated by Nikeeta, I M. Sc Counselling Psychology and Rithika Jain of I M.Sc Psychology. The discussion began with an introduction to the topic, its meaning, causes, how its spreads, the participants were able to share their own experiences too. The moderators also discussed regarding the ways in which one can identify such stress and symptoms. The ways in which one can handle the anxiety were discussed. Some of the techniques to overcome the same were also practiced. The discussion ended by asserting that it is important for each individual to cater to their needs first and prioritize themselves which will help in reducing second-hand anxiety. Finally, the participants gave their feedback on how the session went and how they enjoyed the discussion.

**Sustainable life and Entrepreneurial Opportunities:** The Montfort College Eco-Club in collaboration with the Innovation and Incubation cell organized a seminar on “Sustainable Life and Entrepreneurial Opportunities” on **19.05.2022**. The Guest Speaker was Mr. Manjunath Gangadhar, founder of Smart Sustain. Mr. Gangadhar discussed about various environmental concerns including biodiversity conservation, sustainability, energy sources, smart cities and various entrepreneurial opportunities in the sector. To aid his interaction with students, survey questions were passed on to attending audience using the software Mentimeter, which made sharing real-time results and discussions possible. The interactive session was loved by one and all.

**TECHNO CLUB-DIGITAL RUBBISH(E-waste Competition) :** The Undergraduate students held a competition focusing on E-waste called “DIGITAL RUBBISH” from the Techno club on September 29, 2022, at 3.30 pm. Four teams participated in this event, which was held on the Auditorium from 1:30 PM to 3:30 PM and showed off their creativity in the Quadrangle area. Using the judging standards as a guide, the judges chose the best two teams. This Activity aimed to foster those skills as a creative and innovative medium using electronic waste.



**Menstrual Hygiene Awareness Campaign:** A Programme on Menstrual Hygiene Awareness Campaign was held on **27th of May, 2022** at a Government School, Jeevan Bhima Nagar,



Bangalore. The Family Counselling Centre and NSS unit of Montfort College jointly organized this event. Tanvika Ellore, Rakshitha N, Shriya Raghu, Srilakshmi Mallya, Sanjitha DS and Madhu Shalini R S of I MSc Psychology volunteered for the event. The event began with an ice breaking activity followed by explaining the process of menstruation, importance of maintaining hygiene, different menstrual products and myths and facts about menstruation. The School children's responses and questions were a reassurance that a wondering, if not a change, was afoot, even if it is merely in their thoughts. The air of reluctance that the talk about menstruation was welcomed with was cleared with notes of "thank you" and the curiosity it sparked by the end. Montfort College students were accompanied by Mr. Sebastian, FCC Coordinator, Ms. Shamala, Assistant Professor and UG Coordinator and Ms. Yamini Gowda PC, Assistant Professor and NSS Officer.

### **STUDENTS ACHIEVEMENTS:**

**Montfortian Achievements:** Nine NSS volunteers from I M. Sc participated in an intercollegiate fest "Prayaag 2.0" organized by the NSS unit of St. Joseph's College (Autonomous), Bengaluru on the **14th and 15th of June 2022**. **Jyothsna Antic** and **Magadlene Reha** of I M. Sc Counselling Psychology Bagged 3rd place in Art and Depict competition.

**Montfortian Achievements-Quiz Competition at IIPR:** KM Swathi and Aratrika Ghosh from

II MSc Psychology won first prize in QUIZ competition in an inter-collegiate fest “in’PSY’t held at Indian Institute of Psychology and Research on **1st July, 2022**.



## CO-CURRICULAR PROGRAMMES:

**Mental health Awareness Programme:** Three NSS volunteers from IV Semester MSc. Psychology in collaboration with Montfort Counselling Centre conducted a Mental Health Awareness programme on **23rd August, 2022** at Sacred Heart Girl’s PU College.

The programme started with rapport building with the students and then common problems faced by adolescents like Stress, Addiction, Bullying and Peer Pressure were discussed. The importance of counselling was covered and its goals and benefits were explained in detail. The last part of the program was about mindfulness. A meditation activity was conducted for the students. Then, at the end feedback forms were collected from the students.



**Teacher’s Day:** To mark the birth anniversary of India’s second President, Dr. Sarvepalli Radhakrishnan and as a mark of tribute to the contribution made by teachers to the society, Montfort College celebrated Teacher’s Day on **3rd September, 2022**. The college dedicated the day to their teaching and non-teaching faculty following all covid protocol. The activities included a few fun games and riddles. Gifts were distributed to all the participants as a token of gratitude from the Management.



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**Good Vibes Activity by “WeVolve “(The Psychology Club) :** The Undergraduate Students of 1st Semester BA and BSC conducted an activity named “Good Vibes” from the psychology club “WeVolve” on 14th of September, 2022 at 3.30 pm. All the undergraduate students were requested to come to the lawn where each of the students had to pick a chit. The chits had the names of every undergraduate student. The students were supposed to write a compliment or two to the person whose name they picked. In case they did not know the person, they were given 24 hours to meet the person and compliment them. The next day, almost every undergraduate student had received a compliment that hopefully brighten their day a little. The purpose of this activity was to spread positivity and ‘Good Vibes’.

**Cooking without fire :** The Undergraduate students in the second semester participated in an activism called “Cooking Without Fire” on September 23, 2022, from 3:30 to 4:30 pm. Students can collaborate in teams and plan accordingly as a result of this event. This can help develop their team management concepts. Students have the ability to think differently and make some delicious dishes without the need of fire. This event can enhance their capacity for critical thought and time management.

**WORLD MENTAL HEALTH DAY :** Montfort college commemorated world mental health day on the 10th of October. The full day event created a hope for making mental health for all a global priority. Exhibition stalls were set up by students to bring attention to the burning issues of mental health in our society. A compilation of narratives were presented through an impactful Street play which was performed for the public in front of the college. The theme was highlighted in the talk by Prof. Ashok H.S who was the chief guest for the day. A moving rendering of poems and songs concluded the program.



**STIMULI 2022 :** Two UG and seven PG students of Psychology participated in “STIMULI” 2020 – A National Level Intercollegiate Psychology Fest organised by Kristu Jayanti College on the 28th of October 2022. Annette Maria Luiz, Elizabeth Ruth and Shriya Raghu of second M.Sc Psychology, won third prize in Brainstorm (Quiz competition). Michel Sandra and S. Sivani won third prize in Billboard (Poster-making competition).



## EVENTS (CULTURAL, COMMEMORATIVE AND SPORTS)

**Constitution Day:** The Constitution Day celebration was organised by NSS and the Cultural Committee of Montfort College on **26-11-2021**. Constitution Day (Samvidhāna Divasa), also known as National Law Day, is celebrated in India on 26 November every year to commemorate the adoption of the Constitution of India. It was on 26 November 1949 that the Constituent Assembly adopted the Constitution of India, and it came into effect on 26 January 1950.

**One week mental health awareness: Mental Health in unequal world:** Montfort College IQAC and Montfort Institute of Advanced Studies collaborated to organize a five-day webinar on the theme “Mental Health in an Unequal World” from **29-11-2021 to 03-12-2021**. This webinar was aimed at enabling the current students of both the sister institutions to cope with the difficulties that the pandemic poses and also to gain skills that would enable them to help others through the counselling sessions they provide during practicum.

**Gandhi Jayanthi Celebration – Azadi ka Amruth mahotsav:** The Gandhi Jayanthi Celebration was organised by the Cultural Committee and Discussion Forum of Montfort College on **4<sup>th</sup> October 2021**. Dr. John Peter addressed the students with a talk on Gandhi - The Prophet of India. He skilfully connected the Gandhian lifestyle and values to the path to happiness elaborated in the field of Psychology.

**KANNADA RAJYOTSAVA CELEBRATION : 66th Kannada Rajyotsava** was celebrated at Montfort College on **15 th November, 2021**. Due to covid restrictions, limited audience were invited but the spirit of Rajyotsava was obvious. Our Director Dr.Br.Mathew Panathanath and Principal Dr.Br.Victor Raj were the guests for the day. The UG students entertained the audience. Dr.Vittal Thalwar, Asst. Professor took the audience through a visual treat on the heritage and culture of Karnataka after which Nandika.M, a student of B.Com and team performed a ‘kolaatta’. Vaishnavi Kumarswamy, a student of B.Sc. stormed the stage with her powerful speech in Kannada. Principal Dr.Br.Victor Raj highlighted the ideals of Nadahabba.



**Independence Day:** The Student Council, NSS, and the Cultural Committee of Montfort College organized the Independence day celebration on **15<sup>th</sup> of August 2022**. The chief guest, Director Bro. Arul and the president, Principal Bro. Victor Raj hoisted the flag. The UG students performed a beautiful welcome dance invoking a sense of pride and excitement among the audience. Inspiring words from the chief guest and the students reminded us to feel proud of a beautiful, free India and to remember the sacrifices made by our soldiers and freedom fighters.



**Montfort's Got Talent (MGT):** The cultural committee organized "Montfort's Got Talent" on **25th of March, 2022** from 3pm to 5.30pm. The theme for the day was "Retro" and the event was open for both faculty and students. It was a platform for Montfortians to showcase their talent and appreciate others' talent. It was an extravaganza of creativity, artistic and cultural talents.

**Cultural Day:** The awaited Intra-collegiate cultural fest at Montfort College – MOSAIC was organized on the **30th of August, 2022**. The enthusiastic participation of students was found in JAM, Persona, Pop Quiz, and Group Singing. The MSc psychology department emerged as the momentous winners of the inaugural ever-rolling trophy.

## Graduation Day

The graduation ceremony of Montfort College post pandemic was organised on 27th October, 2021. 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. A total of 200 students participated in the graduation ceremony. A live stream link was shared for those parents who could not make it to 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, the guests were welcomed by Principal Bro. Victor Raj. Our Provincial gave the commencement address and 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.



Montfort College celebrated **ST.MONTFORT – Patron’s Day** on the 28th of April, 2022, in remembrance of St Louis Marie De Montfort the founder of the Montfort Brothers of St Gabriel. Tribute to St Montfort was paid by lighting of candles and hymns of praise. The event also included vibrant performances of dance and music. St Montforts life and journey was revered through an engaging video presentation. The panel interaction by senior Montfort brothers and a Montfort sister provided meaningful insights from their own life of faith and this was an inspiration to the audience. All the faculty, staff and students participated in the celebration.



**Intercollegiate sports day**

Red, Purple, Cobalt, and Black fought for the coveted ever-rolling trophy of the Intra-collegiate sports tournament. The three-day battle from the 5th to the 7th of September involved zestful and zealous participation in table tennis, badminton, basketball, shot put, and tug of war. Purple house conquered the tournament.

**SPORTS:** Aprameyam . R, from UG Department won Gold Medal for 10,000 mtrs race and Half Marathon (Individual event) at university level organized by Bengaluru North University.

**Conclude:**