

MONTFORT
COLLEGE

ELIXIR

— College Magazine 2022-2023 —

"Liberation with enlightenment, empowerment and wholeness!"



MONTFORT
COLLEGE
years of dedicated service to humanity

Contents



1.	About Montfort	3
2.	Editorial Note	4
3.	Foreword	5
4.	Coordinators' Thoughts	7
5.	Academic Programmes	8
6.	Beyond the Curriculum	9
7.	Faculty and Staff	10
8.	Student Council '23	12
9.	Walk Down the Memory Lane	13
10.	Research Papers	20
12.	Achievements	21
11.	Canvas of Creativity	22
	Prose & Poetry	
	Snapshots & Artistry	
12.	Acknowledgement	24



About Us



Montfort College is a premier institute affiliated with Bengaluru North University, offering programs at the Undergraduate and Postgraduate levels. Its curricula entail teaching, evaluation, therapy, counselling, and research in different sub-disciplines of Psychology. The Motto of Montfort College is **“Liberation with Enlightenment.”**

Montfort College was established in the year 1995 to offer Post Graduate Diploma in Holistic Psychological Counselling. Since 1998, it has been conducting MSc. in Psychological Counselling, and later, in 2005 MSc. in Psychology was included. In 2021, Undergraduate Degree programs were introduced in accordance with the new NEP guidelines.

The programs at Montfort College aim at helping and equipping students with both conceptual inputs and hands-on skills training to recognize, identify and respond effectively to the needs of individuals and social systems in the present society.

Montfort College has completed its **25 years** of successful journey and is on its way to accomplishing more.

Vision

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

Mission

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

Aim

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

Editorial Note



Welcome to our college magazine,



A testament to the creativity and hard work of our talented students. As an editor, I am humbled and inspired by their impressive contributions, and I hope that you will be too. Enjoy the read and join me in celebrating the artistic spirit of our college community.

~ Simran Goglani



It is my pleasure to present to you the latest edition of our college magazine. As editors, we have had the privilege of witnessing the passion and dedication that the students have poured into their work, and we are thrilled to share our creations with you.

~ Zainab Kulsoom



It is with great pride that I present our college magazine, a product of the hard work and dedication of students and faculty. Enjoy the read and celebrate our collective creativity. I invite you to immerse yourself in the articles, artwork, and photographs and relive the memories of our college days. Happy reading!

~ Syeda Shahana Hussain

Elixir aims to provide a platform for students to showcase their creativity and express their thoughts on a range of topics. Through Elixir, we hope to foster a sense of community, encourage artistic exploraton, and promote intellectlectual discourse. As editors, we are proud to present the diverse and impressive works of our students. Enjoy the read and let us know your feedback!

Foreword



Dr. Br. Arul M, S.G.
Director,
Montfort College



Dr. Br. Mathew
Panathanath
Founder Director,
Montfort College

Dear fellow Montfortians,

As we embark on our journey of learning and growth at Montfort, let us remember the wise words of John A. Shedd, who said, "*A ship in the harbor is safe, but that is not what ships are built for.*" We are not built to simply stay in our comfort zones, but to face challenges, and make a difference in the world. Montfort instills prudence, wisdom, and courage as our compass in navigating life's rough seas.

I would like to conclude with this affirmations that I hope will inspire you: "**Be the change, stand firm for truth, even alone.**"

I would like to congratulate the team for producing the review of the academic year 2022-2023 at Montfort College, which takes us back to the pleasant moments of the year and gives others a glimpse into college life. Thanks to the dedicated faculty and staff, parents, friends, and well-wishers for their encouragement and support. Best wishes to the students pursuing training to become fully human and fully alive, and may the good Lord guide them towards growth and peace.

Wishing you all peace and well-being.

Foreword



Dr. Br. Victor Raj
Principal, Montfort College



Br. Thomas Montfort
Administrator,
Montfort College

Dear fellow Montfortians,

With immense joy, pride and satisfaction, the Editorial Board has brought out the magazine 'ELIXIR', our annual magazine showcasing the remarkable progress of Montfort College in academic, co-curricular, and extra-curricular areas. Our compassionate faculty motivates and empowers students to be lifelong learners and transformative members of society. The magazine reflects all the experiences and learning undergone at Montfort. Congratulations to the editorial board for their efforts, and thanks to the faculty for their guidance and support.

"The surest way to drive out the darkness is to bring in the light."

My best wishes and assurance of prayers to all.

Coordinator's Thoughts



Sritha Sandon
IQAC Coordinator

The IQAC at Montfort College promotes a quality culture by institutionalizing sustainable parameters for academic and administrative endeavors. Teachers, students, and staff work together to maintain high training standards and address any issues efficiently. Parameters such as individual supervision, mandatory personal therapy, and case conferences promote personal growth beyond the curriculum. We are proud to serve and strive to take Montfort College to greater heights.



Dr. Maxim Peiera
PG Academic Coordinator

The college magazine, a canvas for creativity, has found a vibrant new home in Elixir! Providing Montfortians with a powerful platform to showcase their literary and artistic prowess, Elixir is paving the way for fresh, innovative voices to shine. I have been personally inspired by the incredible contributions of the student community in the past, and am eagerly looking forward to the upcoming release of Elixir 2022-23. I offer my hearty congratulations to all the contributors and the members of the excellent editorial team. I am sure that Elixir is going to be a blessing to many.



Dr. Zubaida Anwar
UG Academic Coordinator

In writing for ELIXIR, I'm reminded of the enduring importance of being both a teacher and student. Helen Keller and her teacher Anne Sullivan Macy, who overcame obstacles to achieve great success, exemplify this idea. By balancing ambition and effort, anyone can achieve their dreams. Let us be grateful for our education, kind to others, responsible, and compassionate toward all. Congratulations to everyone for making ELIXIR a reality.

Academic Programs

Montfort College offers earnest students Undergraduate and Postgraduate programs along with various courses that will prepare students with academic, professional, and personal credentials to perform effectively in their anticipated work setting.

Postgraduate Programs:

As an advocate for mental health and emotional well-being, Montfort College offers two Master's Programs to train personally integrated, emotionally balanced, professionally competent, socially committed, and empathetic psychologists and counsellors.

- M.Sc. Counselling Psychology (4 semesters, 2 years)
- M.Sc. Psychology (4 semesters, 2 years)

Undergraduate Programs:

The purpose of the UG programs is to facilitate students to skilfully execute and express knowledge learned through the semesters while adhering to professional values. In view of this objective, Montfort college offers the following programs:

- B. Com - Commerce, Finance, Banking, and Accounting (4 years)
- BBA - Complying with NEP, leading to an Honours degree (4 years)
- B. Voc. - E. Commerce and Digital Marketing (4 years)
- B.A. - Psychology and Journalism (3 years)
- B.A. - Psychology and Optional English (3 years)
- B.Sc. - Psychology and Computer Science (3 years)
- B. Sc. - Statistics and Computer Science (3 years)
- B.Sc. - Mathematics and Computer Science (3 years)

Diploma and Certificate Courses:

Montfort College also offers additional courses with the aim to promote mental health, emotional and social well-being in society by equipping aspirants to provide contextually relevant, socially inclusive, and affordable mental healthcare.

- Diploma Course in Psychodrama (DCP)
- Certificate Course in Counselling Psychology – Full-time/Part-time
- Certificate Programme in Art-Based Therapy



Beyond the Curriculum

Units

FCC The scheme of the **Family Counselling Centre** was introduced by Central Social Welfare Board in 1983. Sampurna Montfort College Family Counselling Centre was established in the year 2004. The centre provides counselling, referral, and rehabilitative services. The Centre engages in community counselling, family mediation, and community-based research. In collaboration with other NGOs, the FCC organizes outreach programs, awareness and empowerment programs in slums and rural areas.

MCC The **Montfort Counselling Centre** was founded in January 2009, by Montfort College. The aim of Montfort Counselling Centre is to provide quality therapeutic services to individuals, couples, and families, by helping them build more resources within themselves and their environment. The objective is to journey alongside clients, remove barriers to their growth, and feel more equipped to find their way in the world.

Clubs

NSS The Ministry of Youth Affairs & Sports, Government of India, administers the **National Service Scheme (NSS)**, a Central Sector Program. The sole aim of the NSS is to provide hands-on experience to young students in delivering community service. The NSS wing of Montfort has organized various workshops and awareness programs like the Mental Health Awareness Programme, a class on Menstrual Hygiene.

Additional clubs include the Media club, Discussion club, Research club, Cultural club, Eco club, AICUF, Literary club, Techno club, Arts and Artha Club. The Montfortians have always enjoyed and learned from each one of them.

VAP's

MHE **Montfort Holistic Education** focuses on the intellectual, mental, physical, emotional, and social development of undergrad students. MHE aims to equip the students with the skill set required to face the demands and challenges of everyday life.

There are other Value Added Programs provided at the PG level like Basic Mindfulness, Art Therapy, Trauma Informed Therapy, Counselling Practicum, Supervision, Suicide Prevention and School Mental Health.

Faculty and Staff



Sritha Sandon
IQAC Coordinator
& Associate prof.



Dr. Maxim Pereira
Academic Coordinator
PG



Dr. Zubaida Anwar
Academic Coordinator
UG



Dr. Sudhamayi P
Asst. Prof



Paras Sharma
Asst. Prof.



Yamini Gowda
Asst. Prof.



Saba Jahan
Asst. Prof.



Dr. Shambhavi
Asst. Prof.



Isha Mishra
Asst. Prof.



Thomas Jacob
Asst. Prof.

Faculty and Staff



Dr. Anandhi
Asst. Prof.



Shamala R.
Asst. Prof.



Srinivasa P K
Asst. Prof. (English)



Dr. Vittal Talavar
Asst. Prof. (Kannada)



Tushara Vincent
Asst. Prof. (English)



Rajalakshmi M
Asst. Prof. (Comp.Sci.)



Sindhu Shree A
Asst. Prof. (Kannada)



Sneha Ghosh
Asst. Prof. (Commerce)



Kusum
Asst. Prof.(Commerce)



Yuvraj H.
Asst. prof. (Journalism
& Mass Communication)

Student Council



Postgraduate Interim Council (Oct'22 - Jan'23)



Devyani Singh
MSc. CP



Ekta Agiwal
MSc. CP



Ferin Lopez
MSc. CP



Simran Goglani
MSc. PSY.



Sonia Patwardhan
MSc. PSY



Jones Shajan
MSc. PSY

Student Council 2023



Devyani (2 MSc.CP)
PRESIDENT



Neetha (1 MSc. CP)
VICE PRESIDENT



Lakshana (2 BSc)
VICE PRESIDENT



Ekta (2 MSc. CP)
EVENTS SECT.



Allen (2 B.Com.)
EVENTS SECT.



Dorothy (2 MSc. CP)
TREASURER



Alan (2 MSc. PSY)
SPORTS SECT.



Preethish (2 B.Com)
SPORTS SECT.



Simran (2 MSc. PSY)
CLASS REP.



Ferin (2 MSc. CP)
CLASS REP.



Amogkha (1 MSc. PSY)
CLASS REP.



Vedashree (1 MSc. CP)
CLASS REP.



Afnan (2 B.Com)
CLASS REP.



Preetham (2 BSc)
CLASS REP.

Walk Down the Memory Lane

COMMEMORATION DAYS

Independence Day
Republic Day
Constitution Day
Kannada Rajyotsava
Kanak Das Jayanti
Suicide Prevention Day
Mental Health Day

Montfort Got Talent
Cultural Day
Sports Day
Indoor Sports Day
Walkathon
Techno Club

CLUB ACTIVITIES

FESTIVALS

Onam Celebration
Sankranti Celebration
Pongal Celebration
St. Montfort's b'day
Christmas Celebration

Walk Down the Memory Lane

Independence Day

Montfort College celebrated India's 75th Independence Day on 15th August '22. To commemorate this auspicious occasion, a formal event was organized in the college. The Guard of Honour escorted the chief guest, Director Bro. Arul and the president, Principal Bro. Victor Raj to hoist the flag. Bro. Victor welcomed the gathering, following which the performance by UG students invoked a sense of pride and excitement among the audience.



Republic Day

On 26th January '23, Republic Day, we Montfortians celebrated the 74th year of the implementation of the Indian Constitution. Fr. Rajappan Balraj, the chief guest, hoisted the tricolor flag. The celebrations were followed by talks by the invitees who spoke on the significance and relevance of Republic Day. Talks by the speakers instilled in us a sense of pride and commitment to our Mother Nation.

Constitution Day

The NSS and the cultural committee at Montfort College jointly organized 'Samvidhan divas' on 26th November '22 to commemorate the adoption of the Constitution of India. The program commenced with a prayer and included a talk on the history of India and the Constitution, a quiz, and a reading of the Preamble Pledge. The audience was made aware of the objectives of Constitution Day and the events reiterated to us what our constitution stands for.



Walk Down the Memory Lane

Kannada Rajyotsava

Montfort celebrated Kannada Rajyotsava on 15th November '22. Mr. Vinod Kartavya, Senior Officer, DRDO, was invited as the chief guest for the event.

The event began with a prayer, followed by the lighting of the lamp and paying respects to Goddess Bhuvaneshwari. The program, headlined by the UG students, included a welcome dance, 'kolaatta' a Kannada speech on cultural heritage, and a video presentation by Dr. Vittal Thalwar, Asst. Professor. The event was addressed by Mr. Vinod Kartavya, who spoke about the usage of the Kannada language and how one should be proud of it.



Kanaka Das Jayanti

Kanaka Dasa, a saint, and philosopher born in 1509 was also a composer of Carnatic music, poet, reformer, and musician who used simple Kannada and native metrical forms for his compositions. Montfort College commemorated "Kanakadasa Jayanthi" on 10th November '22 to honor his contributions as a reformer, with both undergraduate and postgraduate students and faculty members assembling on the college lawn. Dr. Vittal Talawar gave a speech on Kanakadasa's life and contributions in Kannada, followed by an English translation by Dr. Maxim Pereira. The Principal, Dr. Bro. Victor Raj, also shared his views on the occasion.



Walk Down the Memory Lane

Suicide Prevention Day

Montfort College organized a workshop on suicide prevention on 10th Sept. '22. It was attended by students from various colleges. The event included speeches by the principal and a resource person, Mrs. Rashi Vidhyasagar, who spoke about suicide awareness and prevention. Volunteers from Arpita Foundation spoke about their services, including emergency helplines and counseling in 13 languages. The event concluded with a street rally where students distributed pamphlets to over a thousand people, spreading awareness about suicide prevention. The event was deemed successful and informative by all attendees.



Mental Health Day

October 10th is recognized as The World Mental Health Day. The event was a success, featured powerful showcases on burnout, heartwarming letters to oneself, and creative scribbles that expressed the importance of self-care. Attendees left feeling empowered and inspired to prioritize their mental well-being.



Walk Down the Memory Lane

Montfort Got Talent

Montfort College's Cultural Committee organized 'Montfort's Got Talent' on May 25th, 2022, with a 'Retro' theme to showcase the talents of students and faculty. All the students & faculty members participated in on-stage performances, exhibitions, and sales of photographs and paintings. The event was kicked off by the Director, Dr. Bro. Mathew Panathanath, and included a talk by the Principal, Dr. Bro. Victor Raj. The performances included solo singing, group songs, dance, music, fashion show, and poetry recitation.



Cultural Day

An intra-collegiate cultural event was planned for the first time in Montfort's history. The Student Council and the Culture Committee worked together for it. It was held to promote healthy competition and to honor the various cultures represented at Montfort. Many interdepartmental contests for the Rolling Trophy of Champions were held during it. MSc. Psychology students won the overall Champions' trophy for the first season, demonstrating remarkable spirit via their engagement and zeal.



Walk Down the Memory Lane

Sports Day

The **Intra College Games** competition was held between 1st to 3rd Sept'22, to promote awareness of sports and physical activity and bring latent talents to light. The overall trophy was won by team Purple. The valedictory function was held in the auditorium in the presence of Dr. Victor Raj, Principal of Montfort College. The event also provided an opportunity to get aware of traffic rules and regulations through the awareness program by the traffic police team.

Indoor Sports Day

The Indoor Games event spanned over two days and was filled with fun and excitement. Attendees participated in a variety of games, including Carom, Badminton, Chess, and Uno, showcasing their skills and competitiveness. The atmosphere was lively and engaging, making it a great success, and leaving everyone eagerly anticipating the next event.

Techno Club

The Department of Computer Science inaugurated the Techno Club on September 29, 2022, with the aim of fostering creativity and encouraging students to express themselves through various activities. The club's first activity was an E-waste competition called Digital Rubbish, in which four teams participated. The team 'Techno Storms' came first followed by 'Techno Techies'. Br. Mathew addressed the gathering. The winners were presented with prizes and certificates.

Walkathon: Self-Injury Awareness

On 3rd February 2023, Montfort students organized a 4km walkathon along Indiranagar to raise awareness for Self Injury. The event included badges, ribbons, and bibs for participants, along with banners and posters. The Principal of Montfort College, the Director of Montfort College, and the Principal of MIAS walked with the students. The safety of the participants was ensured by the neighboring police officials throughout the route. Students stopped at traffic signals to spread awareness, and the event was a success.



Walk Down the Memory Lane

Onam Celebration

The auditorium of Montfort College was bustling with festivities as the place was filled with the scent of flowers. Everyone was dressed in the spirits of Onam. The celebrations were initiated by the lighting of the lamp and speeches by Brother Arul, Brother Victor Raj, Father Tomy, Prof. Sritha Sandon, Prof. Yamini, Ms. Aditi, Ms. Kanksha, and Ms. Jyotsna. Subsequently, a "pookalam" competition was held, followed by a traditional Keralite welcome dance, a melodious acapella piece, a spectacular group dance performance, and the most anticipated performance of them all—the ramp walk. Brother Arul appreciated the winners and distributed sweets to everyone in light of the festivities.

Sankranti Celebration

Sankranti festivities were organized by the Montfort's hostel students at the college lawn. The celebration was marked by playing traditional Sankranti songs, cooking Pongal, singing performances and games.

Christmas

Montfort College held a formal Christmas program on 26th Dec. '22. It was organized by UG students, with a prayer, carols, and a Nativity skit. The college's administrators gave Christmas messages, and a student dressed as Santa distributed sweets. A small game was played, and the Christmas cake was distributed. After the event, an informal secret Santa exchange was held for staff. The celebration ended with good wishes for the holidays. The event was a joyful and festive occasion for the 56 students and staff who attended.

St. Montfort's 350th Birthday

Students from Montfort College and Montfort Institute of Advanced Studies celebrated the 350th birthday of the Patron Saint of our college - Saint Louis De Montfort on 31st January 2023. The event was celebrated by cake cutting and distribution of the same to the student and faculty.





Paper Presentation

- **Dr. Sudhamayi and Mr. Samson Roy** presented a paper on '*Emotional Intelligence and Stress among College Students: Reflections of Covid- 19 Pandemic*' at National Conference on Opportunities and challenges in post COVID Era Linguistic, Economic, Psychological and Social Perspectives between 27th to 29th June 2022.
- **Dr. Sudhamayi, Mr. Samson Roy and Melvina Charles** presented a paper on '*Relationship Between Achievement Motivation and Perceived Parenting Style Among Secondary School Students*' at 12th InSPA International Conference on Meeting the Challenges in Schools: Towards Atmanirbhar Bharat between 2nd to 4th October 2022
- **Dr. Shambhavi G. and Ms. Saba Jahan** presented a paper on '*Pandemic Coping And Academic Resilience Among High-School Students*' at 12th InSPA International Conference on Meeting the Challenges in Schools: Towards Atmanirbhar Bharat between 2nd to 4th October 2022 .
- **Dr. Rashmi, Ferin Lopez and Evelyn Janet** presented a paper on the "*Effect of Expressive Art Therapies on Quality of life and Psychological well-being of Teachers who were COVID-19 Positive,*" at the 12th InSPA International Conference held at Pondicherry University on 3rd October 2022.

Paper Publication

Ms. **Priyanshi Khandelwal** from 2nd MSc. Psychology published a paper on "*Guilt and Shame Proneness in Relations to Covert Narcissism Among Emerging Adults*" in the journal "*Ambient Science*" (2022), Volume 09(1), pages 31-37, by the National Cave Research and Protection Organization, India. The paper was presented at the 57th National & 26th International Conference of the Indian Academy of Applied Psychology, RCI-Accredited, held from 27th to 29th January 2022, organized jointly by the Department of Clinical Psychology and Department of Psychology, Mizoram University.



Achievements

VINCENT PALLOTTI COLLEGE 9 Sept' 22, Throwball Runners Up!

Sanjitha D S - II Msc Psy
 Melvina Charles - II Msc CP
 Evlyn Janet - II MSC CP
 Arya P.T - II Msc Psy
 Jenisha W - II Msc Psy
 Nandika M - I B.Com
 Sharmila. R - I B.Sc. Psy
 Lakshana B - I B.Sc. Psy
 Anjana M- I MSc Psy
 S. Jana Ranjani - I B.Sc. Psy
 Andhida Suresh - I B.Sc. Psy



ST. ANNE'S EVENING COLLEGE 20 Jan' 22, Throwball Match

Sanjitha D S - II MSc Psy
 Melvina Charles - II Msc CP
 Evlyn Janet - II MSc CP
 Nisha B P - I MSc Psy
 Shubhashree G.T - I Msc Psy
 Kavya. P - I Msc Psy
 Sharmila Ravikumar - II BSc Psy
 Lakshana Balaji - II BSc Psy
 Betilda jhansi - II MsC CP
 Priya Darshini GM - I MSc Psy



UTHAROTHSAVA, 14-15 NOV' 22



Sahana Srinivas, Vaishnavi K, Bhargavi S, Shakthi Umashankar, Harshita U, and Jana Ranjani



Sanjitha DS, Chaitanya NG, Jivin Giju Chacko Abel Eldho, Harshita Dosaj, Divya Darshan P



Oh Freeda!

All my hopes are on you now child,
O Freeda, take me away.
Tell me your stories of the distant world
And I'll live the imagined world with you.
O Freeda, bring me home with you,
my jail cells are burning,
I can't breath anymore.

I am not afraid of letting you go,
oh dear, you deserve to fly,
climb oceans and swim mountains,
it's a twisted world my love,
and I'm not afraid to let you go.
Go shed blood to know more about
it's deep colour.
My sheltered child,
when I lay, you strive,
I would sleep forever to let you stay.

Syeda Shahana Hussain, 2 M.Sc. Psy



Vasundhara V.N. 2 M.Sc CP



Simran Gogiani, 2 M.Sc. Psy

Without

a floating cloud visited me today
wearing a vision of white and hints of grey
sat above me and poured on my frizzy hair
quiet drops of hope from a land far away
trickling down the streams of my head
gliding down my scarred forehead
meeting the saltiness under shadows of grey
until the awakening taste slowly hit,
where the ghost of a smile once gladly sit
the cloud otherwise hush, suddenly roared
a tiny thunder rumbled through my broken bones
the drops were suddenly laden with an urgency
a turmoil of emotions hurriedly overcoming me
a galaxy of stars swirling before my eyes
a million memories blurring my senses as they fly by
until i was shrouded with warmth of the kind cloud
who sang the songs of everything i am without

a quiet paradise that i've walled for myself
empty; except for hell on the other end.

Zainab Kulsoom, 2 M.Sc CP

Canvas of Creativity



Love in a Meadow

In a meadow, soft and green,
Where the wildflowers dance unseen,
Love was born beneath the sky,
With a tender kiss and a gentle sigh.

The meadow was a perfect place,
For two hearts to find their grace,
And amidst the blooms and the bees,
They found a love that would never cease.

Hand in hand, they wandered there,
Their hearts as light as the summer air,
And with each step, their love grew strong,
As the meadow sang its sweetest song.

The sun shone down upon their faces,
As they shared their love's warm embraces,
And in that moment, they knew for sure,
That their love would forever endure.

So in that meadow, soft and green,
Where the wildflowers dance unseen,
Their love was born beneath the sky,
And it will live on, until the end of time

K Sai Prasanna, 1 M.Sc Psy



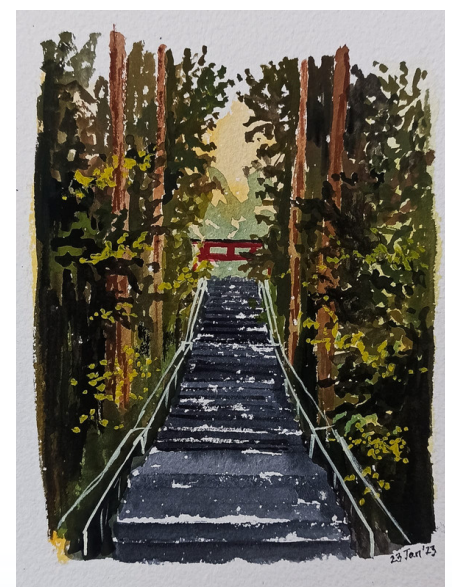
Rakshita N, 2 M.Sc Psy



Srilakshmi Mallya, 2 M.Sc Psy



Thejaswini Kayargadde, 2 M.Sc CP



Kodhai B Narayanan 2 M.Sc CP

Acknowledgement



Faculty Incharge



Thomas Jacob
PG Asst. Prof.



Tushara Vincent
UG Asst. Prof.



Isha Mishra
PG Asst. Prof.

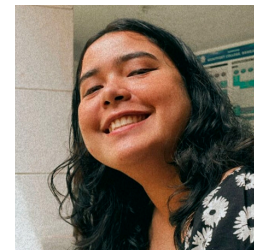
Chief Editors



Zainab Kulsoom
2nd MSc. CP



Simran Gograni
2nd MSc. PSY

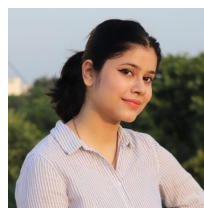


Syeda Shahana Hussain
2nd MSc. PSY

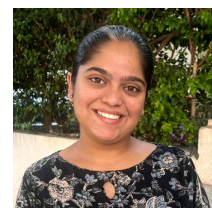
Special Thanks



Michel Sandra
2nd MSc. PSY



Hrithika Mishra
2nd MSc. PSY



Rakshita N.
2nd MSc. PSY



Sera Paul
2nd MSc. PSY



Amogkha
1st MSc. PSY



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years of dedicated service to humanity



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