

# ANNUAL REPORT

2022-2023

Email:  
mail@montfortcollege.edu.in  
Website:  
www.montfortcollege.in

Montfort College

Tel: 91 80 2528 3320 / 2528 405  
184 Old Madras Road, Indiranagar  
Bangalore 560038



## Contents

About the College .....	3
Vision .....	3
Mission.....	3
Profile of the College.....	4
Silver Jubilee Celebration .....	5
Organogram.....	6
Governing Body .....	6
Governing Council .....	7
Internal Quality Assurance Cell .....	7
Teaching Faculty.....	8
Non-Teaching and Support Staff.....	8
Members of the Student Council .....	9
Statutory Committees.....	9
Academic and Research Committees .....	11
Development Cells.....	13
Other Committees and Clubs.....	14
Academics .....	17
Results.....	20
Research Development Cell.....	20
Faculty Achievements .....	21
Placement.....	25
Infrastructure.....	25
Activities under MOU .....	26
Extension and Outreach Activities.....	26
Observance of Commemorative Days.....	29
Collaborative Activities .....	31
Co-curricular and Extracurricular Activities.....	32

## About the College

Montfort College is a catholic minority institution established by Montfort Brothers and managed by Montfort College Society. A Post Graduate Diploma in Holistic Psychological Counselling was started in 1995 to address the large requirement for trained mental health professionals in educational, family, healthcare, and industrial settings. From 1998, it has been conducting M.Sc. in Psychological Counselling as the first course of its kind in India in affiliation with Bangalore University and later M Sc. in Psychology was also introduced. 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 offers 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 honour's 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.

## Profile of the College

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

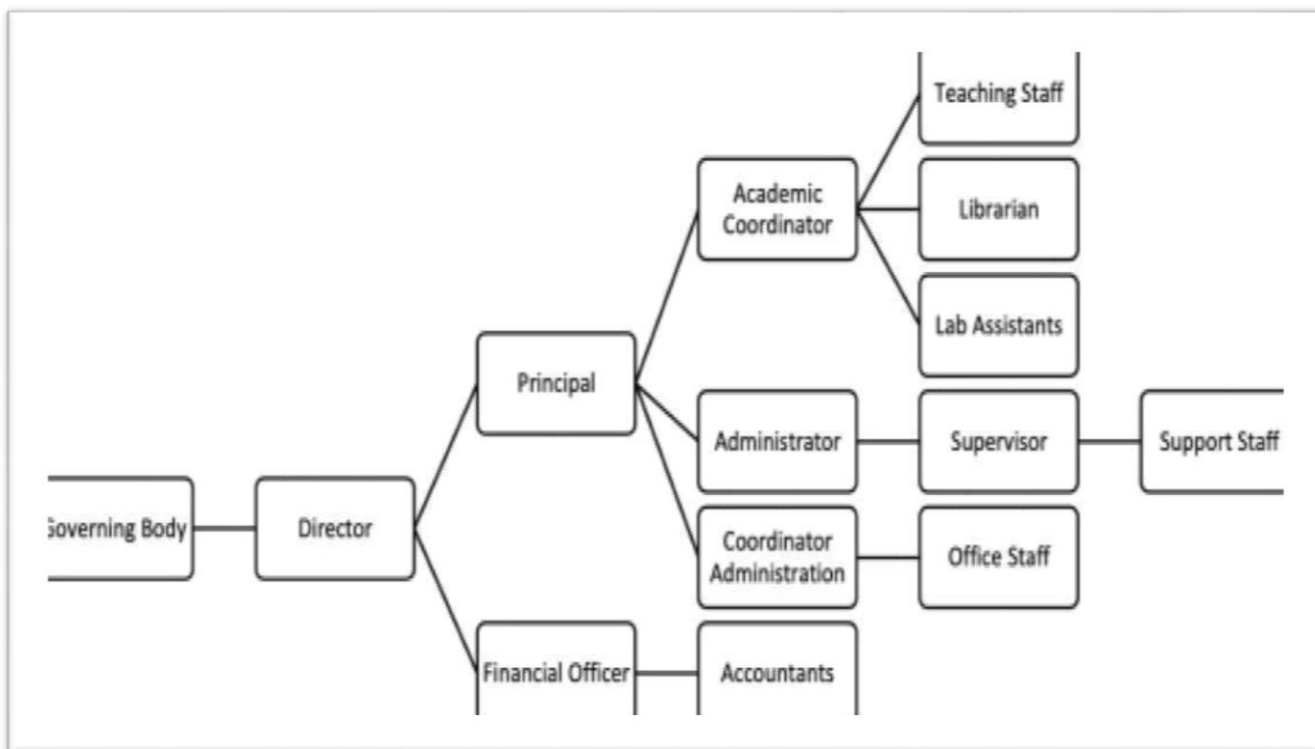
## Silver Jubilee Celebration



### Guests and the Organizing Team of the Symposium

As part of the silver jubilee year celebrations a one-day symposium was organized, that aimed to provide a platform for educators in the field of psychology to engage in insightful discussions, share best practices, and explore innovative teaching methodologies. The keynote address was made live from Spain by Dr. Assumpta Aneas Álvarez, Professor and Faculty of Education, University of Barcelona. A session was conducted on teaching methodological and data analysis approaches in psychology, by Dr Baranikanth, Associate Professor of Applied Psychology from Pondicherry University. Two panel discussion sessions were conducted on teaching counselling skills through Montfort praxis and Current trends and challenges in teaching psychology which focused on creative teaching pedagogies, to opportunities and challenges in psychology community-based learning, contemporary perspectives and concerns in teaching organizational psychology and catering to differing student abilities and needs. A contest was also held on best practices in teaching psychology.

## Organogram



## Governing Body

NAME	DESIGNATION
Bro. George Padikara	Chairman
Bro. Jenny Kuriakose	Vice Chairman
Bro. Arul M	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

NAME	DESIGNATION
Bro. Arul M	Director
Bro. Victor Raj	Principal
Mr. Luckose Vallatharai	former IAS officer and former Commissioner for Education
Sri V A Mohan Rangam	Advocate
Prof. H S Ashok	Dean of Humanities, Chanakya University
Prof. Tony Sam George	Dean of Humanities, Christ University
Bro, George Padikara	Chairman, Montfort College Society
Bro. Mathew Panathanath	Founder Director, Montfort College
Prof. S V Suryarekha	Former Principal i/c, Montfort College
Ms. Sritha Sandon	Associate Professor and IQAC coordinator
Ms. Saritha Mathew	Coordinator - Administration

### Internal Quality Assurance Cell

NAME	DESIGNATION
Bro. Arul M	Director
Bro. Victor Raj	Principal
Bro. Thomas Montfort	Bursar, Montfort College Society
Bro. Mathew Panathanath	Founder Director, Montfort College
Bro, George Padikara	Chairman, Montfort College Society
Prof. Tony Sam George	Dean of Humanities, Christ University
Dr. Molly Joy	HOD, Dept. of Psychology, Kristu Jayanti College
Ms. Karuna Bhaskar	Founder & Director, Resilience Works
Dr. Ashwini N V Ganig	Alumna and Founder & Director, Mukta Foundation
Ms. Sritha Sandon	Associate Professor and IQAC coordinator
Dr. Maxim Pereira	Academic Coordinator, PG programmes
Dr. Subiada Anwar	Academic Coordinator, UG programmes
Ms. Saritha Mathew	Coordinator - Administration
Ms. Kodhai Narayana	Student

### Teaching Faculty

NAME	DESIGNATION
Bro. Dr. Victor Raj	Principal
Ms. Sritha Sandon	Associate Professor
Dr. Maxim Pereira	Associate Professor
Dr. P. Sudhamayi	Assistant Professor
Ms. Yamini Gowda P C	Assistant Professor
Mr. Paras Sharma	Assistant Professor
Ms. Saba Jahan	Assistant Professor
Dr. Shambavi G	Assistant Professor
Mr. Thomas Jacob	Assistant Professor
Ms. Shamala Rudrappa	Assistant Professor
Ms. Isha Mishra	Assistant Professor
Dr. Anandhi G	Assistant Professor
Dr. Rajalakshmi	Assistant Professor
Dr. Vittal Talvar	Assistant Professor
Mr. Srinivas	Assistant Professor
Dr. Subaida Anwar	Assistant Professor
Mr. Yuvaraj	Assistant Professor
Ms. Kusum Yadav	Assistant Professor
Ms. Sneha Ghosh	Assistant Professor
Ms. Tushara Vincent	Assistant Professor

### Non-Teaching and Support Staff

NAME	DESIGNATION
Mrs. Saritha Mathew	College Admin
Mrs. Shobha M.S	Librarian
Ms. Aleena Varghese	Accountant
Mrs. Mary Auxilla	Admin
Mrs. Ambika	Lab Assistant
Mrs. Arokiya Mary	Attender cum Ayah
Mr. R Vasudevan	Peon/ Electrician
Halamma	Ayah



## Members of the Student Council

NAME	POSITION
Devyani Singh	President
Gitanjali Tilak	Vice President
Ekta Ajiwal	Event Secretary, Student Council
Alan Mathew	Sports Secretary, Student Council
Dorothy M.S	Treasurer, Student Council
Preetham UG	Class Representative
Mohammed Afnan	Class Representative
Banisha S K Kharkongor	Class Representative
Esha kathpalia	Class Representative
Amogkha	Class Representative
Vedashree Musty	Class Representative

## Statutory Committees

### Grievance Redress Cell

Name	Designation
Bro. Dr. Victor Raj	Principal
Ms. Sritha Sandon	Convenor
Dr. Maxim Pereira	Member
Dr. Subaida Anwar	Member
Mrs. Saritha Mathew	Coordinator - Administration

### Anti -Ragging Cell

Name	Designation
Bro. Dr. Victor Raj	Principal
Dr. Shambhavi Shastry	Nodal Officer
Dr. Subaida Anwar	Convenor
Dr. K Rajalakshmi K	Member
Mrs. Dorothy J Dominic	Member
Ms. Ekta Ajiwal	Student Member – PG-CP
Ms. Jones Shajan Kuttakaran	Student Member – PG -Psy
Mr. Abel Eldho	Student Member- UG-B.Sc.

**\*UGC norms applicable**

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

<b>Name</b>	<b>Designation</b>
Ms. Sritha Sandon	Convenor
Dr. Subaida Anwar	Member
Mrs. Saritha Mathew	Member
Mrs. Dorathy J. Dominic	Member
Dr. Janet Parameshwaran	External Expert
Adv. Mohana Rangam	Lawyer
Ms. Devayani Singh	Student Member- PG-CP
Mr. Alan Mathew Cherian	Student Member-PG-Psy
Ms. Simran Sundar Goglani	Student Member-PG-Psy

### **Human Rights and Social Justice & Equal Opportunity Cell**

<b>Name</b>	<b>Designation</b>
Dr. Sudhamayi P	Convenor
Dr. Vittal Talavar	Member
Mrs. Saba Jahan Khan	Member
Ms. Namrata Naomi Gautam	Student Member, PG (CP)
Ms. Ritika Jain	Student Member PG (Psy)
Ms. Supriya Anantha	Student Member UG (B.Sc.)

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

<b>Name</b>	<b>Designation</b>
Dr. Vittal Talavar	Convener
Dr. Anandhi G	Member
Mrs. Sneha Ghosh	Member

### **Minority Cell & Scholarship**

<b>Name</b>	<b>Designation</b>
Mrs. Saba Jahan	Convener
Mr. Thomas Jacob	Member
Mrs. Mary Auxilia	Member

## Examination Committee

Name	Designation
Br. Dr. Victor Raj	Chief Superintendent
Dr. Shambhavi Shastry	Deputy Chief Superintendent
Dr. Vittal Talavar	Assistant Superintendent
Ms. Shamala Rudrappa	Assistant Superintendent

## Library Advisory Committee

Name	Designation
Mrs. Shobha M. S	Convenor
Dr. Sudhamayi P	Member
Mr. Thomas Jacob	Member
Mrs. Tushara Vincent	Member
Ms. Gargi Dasgupta	Member
Ms. Agna Simon	Student Member- PG-Psy
Mr. Mohammed Umair	Student Member- UG-B.Sc.

## Academic and Research Committees

### Research Advisory Committee

Name	Designation
Dr. Ashok. H. S	Chairperson
Dr. Tony Sam George	Member
Dr. Catherine S George	Member
Dr. Sudha Bhogle	Member
Legal Advisor	Invitee
Subject Matter Expert	Invitee

### Research Development Cell

Name	Designation
Dr. Maxim Pereira	Convenor
Ms. Sritha Sandon	Co-Convenor
Dr. Sudhamayi P	Member
Dr. Arun Sadasivan	Member
Mr. Paras Sharma	Member
Dr. K. Rajalakshmi	Member

---

## Innovations and Incubation Cell

<b>Name</b>	<b>Designation</b>
Mr. Paras Sharma	Coordinator
Mr. Thomas Jacob	Member
Ms. Yamini Gowda	Member
Ms. Isha Mishra	Member

---

## Discipline Committee

<b>Name</b>	<b>Designation</b>
Dr. Subaida Anwar	Convenor
Mrs. Saba Jahan	Member
Ms. Shamala Rudrappa	Member

---

## Placement Cell

<b>Name</b>	<b>Designation</b>
Mr. Paras Sharma	Coordinator
Mr. Thomas Jacob	Co-Coordinator
Mr. Srinivas P K	Member
Ms. Saandra Manoj	Student Member- PG-CP
Ms. Supriya Anantha	Student Member-UG-B.Sc.

---

## Board of Studies

<b>Name</b>	<b>Designation</b>
Bro. Dr. Victor Raj	Principal
Dr. Maxim Pereira	Convenor
Ms. Sritha Sandon	Member
Dr. Subaida Anwar	Member
Mr. Paras Sharma	Member

---

## Coordinators

Name	Programme
Ms. Sritha Sandon	Internal Quality Assurance Cell (IQAC)
Dr. Maxim Pereira	Academic Coordinator - PG
Dr. Subaida Anwar	Academic Coordinator - UG
Mr. Paras Sharma	Placement Cell
Dr. Anandhi G	Practicum Supervision & Internship
Dr. Sudhamayi P	Research Supervision

## Development Cells

### Faculty & Staff Development Cell:

Name	Designation
Ms. Sritha Sandon	Coordinator
Dr. Maxim Pereira	Member
Dr. K Rajalakshmi	Member
Mrs. Saritha Matthew	Member

### Student Development Cell

Name	Designation
Ms. Saba Jahan	Coordinator
Mr. Thomas Jacob	Co- Coordinator
Mr. Srinivas Pk	Member
Ms. Devyani Singh	Member– Student Council President
Ms. Simran Gogiani	Member –Student Representative
Ms. Vedashree Musty	Member– Student Representative
Ms. Harshitha Dosaj	Member- Student Representative

## Other Committees and Clubs

### Certificate Programmes/Add on/Value Added Programmes

Name	Designation
Dr. Maxim Pereira	Convenor
Mr. Thomas Jacob	Co-Convenor
Ms. Anandhi G	Co-Convenor
Dr. Shambhavi Shastry	Coordinator (Value Added Programmes)

### Advanced Learners Program (Honors)

Name	Designation
Ms. Isha Mishra	Coordinator
Mrs. Tushara Vincent	Member

### Media and E-content Committee

Name	Designation
Mr. Thomas Jacob	Convenor & Incharge of Social media
Ms. Isha Mishra	Co-Convenor & Incharge of Website
Dr. K Rajalakshmi	Member - Website update
Mrs. Tushara Vincent	Member - Newsletter
Dr. Anandhi G	Member - E-content

### Red Cross

Name	Designation
Mr. Yuvaraj H	Coordinator
Mrs. Sneha Ghosh	Member

### NSS

Name	Designation
Ms. Yamini Gowda	Coordinator
Mr. Srinivasa P K	Member

---

## Research Club

Name	Designation
Dr. Sudhamayi P	Coordinator
Dr. Anandhi G	Member
Ms. Lizbeth Sabu Koduval	Student Member

---

## Eco Club

Name	Designation
Mrs. Kusum Yadav	Coordinator
Ms. Veena V	Student Member
Ms. Harpitha S	Student Member

---

## AICUF

Name	Designation
Dr. Anandhi G	Coordinator
Mr. Yuvaraj H	Member
Mr. Maria Preetish	Student Member – 2 <sup>nd</sup> year UG
Ms. Catherine	Student Member- 1 <sup>st</sup> year UG

---

## Touchstone Club (Literary Association)

Name	Designation
Ms. Tushara Vincent	Coordinator
Mr. Srinivasa P K	Co-Coordinator
Ms. Bhargavi S	Student Member – 1 <sup>st</sup> year UG

---

## Techno Club

Name	Designation
Dr. K Rajalakshmi	Coordinator
Ms. Jhanaranjini	Student Member – UG
Ms. Sharmila	Student Member – UG

---

### Wevolve club

Name	Designation
Dr. Shamala Rudrappa	Coordinator
Ms. Deeksha	Student Member – UG
Ms. Koel Roy C	Student Member- UG

---

### Arts Club

Name	Designation
Mr. Srinivasa P K	Coordinator
Ms. Bhavani	Student Member – UG
Ms. Keya Esther Shaw	Student Member- UG

---

### Artha Club

Name	Designation
Ms. Kusum Yadav	Coordinator
Ms. Nandika	Student Member – UG
Ms. Aishwarya S	Student Member- UG

### Sports Club

Name	Designation
Dr. Vittal Talavar	Coordinator
Ms. Sindhu Shree	Sports Secretary
Mr. Sai Yeshwant Kumar	Student Member- UG

---

### Extension Activities Cell

Name	Designation
Dr. K Rajalakshmi	Coordinator
Ms. Tushara Vincent	Co-Coordinator
Mr. Yuvaraj H	Member
Mr. Lalith Koitan	Student Member- UG



## Outreach Programmes Club

Name	Designation
Mr. Srinivasa P K	Coordinator
Dr. Shamala Rudrappa	Co-Coordinator
Ms. Sindhu Shree	Member
Ms. Amoghka	Student Member- PG
Mr. Mohammed Umair	Student Member- UG

## Cultural Committee: Creative and Performing Arts

Name	Designation
Dr. Shambhavi Shastry	Coordinator
Dr. Shamala Rudrappa	Member
Mr. Srinivasa P K	Member
Ms. Sindhu Shree	Member
Mr. Allen Joshua	Event Secretary SC – UG

## Academics

### Programmes Affiliated to Bengaluru North University

The following programmes are offered by the college:

#### Postgraduate Programmes

##### 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.

## **Undergraduate Programmes**

In 2021, Montfort College launched its undergraduate programme. There are primarily four graduate programmes in various fields which re in 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 are three years' degree programmes with the fourth year leading to an honors degree.

- Bachelor of Arts (B.A)
- Bachelor of Science (B.Sc)
- Bachelor of Commerce (B.com)
- Bachelor of Business Management (BBA)

## **Value Added Programs**

A total of **5 VAPs** were offered to students during the academic year 2022-23. 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 2022-23:

- School mental health
- Basics of mindfulness
- Suicide Prevention
- Trauma informed therapy
- Art-Based Therapy

---

## **Programmes Catering to Student Diversity**

### **Foundation Programme**

The Foundation Programme for the Management Quota students of M.Sc. Psychology and M.Sc. Counselling Psychology was conducted between 5th December 2022 and 20th December 2022.

The classes were conducted between 9.30 AM and 12.30 PM from Monday to Friday. In all, four modules were taught across 36 hours by four faculty members as follows:

1. Becoming a mental health professional - Mr. Paras Sharma
2. Understanding stereotypes, prejudice, bias, and discrimination - Ms. Saba Jahan
3. Introducing Marginalization and Intersectionality - Mr. Thomas Jacob
4. Understanding the caregap and bridging it - Ms. Yamini Gowda PC

## **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. 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.

## **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.

## **Bridge Course**

Bridge courses conducted for our UG students from **22nd of August 2022 to 27th of August 2022**, 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.

- Computer science
- Kannada
- Psychology
- English
- Financial A/c

## **Add-on Course for Advanced Learners**

The add-on course 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.

## **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

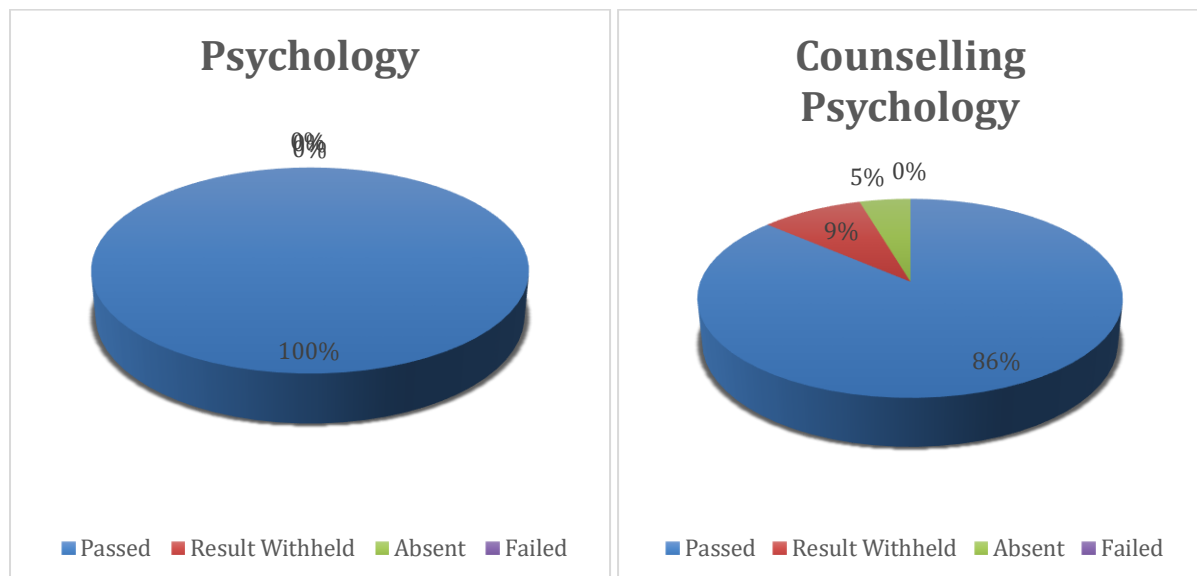
The course focused on training the participants on how they can do one to one therapy using psychodrama techniques on online medium DCP has been proven to promote creativity and social skills and empathy. DCP is action based and enhances human interaction. This is how Psychodrama consolidates and extends 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.

## Results

### Result Abstract: 2023 (Batch 2021 - 2023)



The result analysis indicates 100% results for M.Sc. Psychology programme and 86% results for M.Sc. Counselling Psychology programme. The ranks are yet to be announced.

## 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 can meet up with the activities, programs, and action plan for the academic year.

They are as follows:

- 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 Psychology students of IV semester signed up for their preferred topics for their dissertations.
- List of research supervisors and supervisees were shared by the coordinator.

## Faculty Achievements

Dr. Sudhamayi P was appointed as Ph.D. Supervisor for Martin Luther Christian University on December 15, 2022 with two scholars.

---

### Papers published by Faculty

<b>Name of the Faculty</b>	<b>Paper Title</b>	<b>Journal Name</b>	<b>Year of Publication</b>
Dr. Sudhamayi P	Attitude of Married couples towards Divorce: A comparative Study	The International Journal of Indian Psychology	2022
Dr. Zubaida Anwar	Expression of Nationalism in Yashpal's Novel – Dada Kamred	Bohal Shodh Manjusha	2023
Dr. Shambhavi G & Ms. Saba Jahan	Pandemic coping and Academic resilience among high school students: An Empirical study	Madhya Bharti – Humanities and Social Sciences	2023
Mr. Paras Sharma	Pay What You Want: Exploring client driven determination of Therapy costs	International Journal of Psychosocial Research	2023
Dr. Zubaida Anwar	The contribution of Indian Literature in Freedom movement	Srujan	2023
Dr. Zubaida Anwar	Industry – Academia collaboration in developing the workforce of tomorrow	Proceedings of International Conference – Bridging the gap on the intersection of Science, Technology, Education, Commerce, Psychology and Management – De Paul College, Mandya	2023
K Rajalakshmi	Sales Prediction Scheme using RFM based Clustering and Regressor model for Ecommerce company	ICCIMMI'22 – Proceedings of the 4 <sup>th</sup> International Conference on Information management & Machine Intelligence	2022

<b>Name of the Faculty</b>	<b>Paper Title</b>	<b>Journal Name</b>	<b>Year of Publication</b>
Ms. Sneha Ghosh	Education for all: A jolt during Pandemic in India	The sustainable development goals in India: Few Issues and Contexts	

## Book Chapters, Books and Conference Proceedings

Name of the teacher	Title of the book/chapters published	Title	Title of the proceedings of the conference	Name of the conference	Name of the publisher
Dr. K. Rajalakshmi	Sales Prediction Scheme Using RFM based Clustering and Regressor Model for Ecommerce Company	Sales Prediction Scheme Using RFM based Clustering and Regressor Model for Ecommerce Company	ICIMMI '22: Proceedings of the 4th International Conference on Information Management & Machine Intelligence	International Conference on Information Management & Machine Intelligence	ACM Digital library.
Isha Mishra	Pandemic Perspectives: Praxis, Policy and Pedagoies	Impact of COVID-19 Pandemic on Psychological and Physical Health of College students			KW Publishers Pvt. Ltd.
Sneha Ghosh	The Sustainable development goals in India	Education for All: A jolt during pandemic in India			Red'shine Publication
Dr Zubaida Anwar	Industry- Academia Collaboration for the workforce of tomorrow.	Industry- Academia Collaboration for the workforce of tomorrow.	International Conference- Bridging the Gap	Internal conference on Bridging the Gap on the the Intersection of Science, Technology, Education, Commerce, Psychology and Management.	De Paul College Publication, Mysore.
Dr Zubaida Anwar	Saamajik vanijyik aur bhaugolic star par bhaasha ki samrachana evum upadheytaa	Saamajik vanijyik aur bhaugolic star par bhaasha ki samrachana evum upadheytaa	Bhashaa Sampad	Bhashaa Sampad	



## Placement

Campus placement was conducted by the placement committee on 26th April 2023 between 9:00 AM and 5:00 PM. Ito1help.net was the organization that had approached the placement committee for 5 vacancies – 3 counselling posts, and 2 content writing posts. The pre-placement talk happened online on 24th April 2023 at 6:00 PM. Followed by the offline campus placements. In total, 19 students from 3rd Semester M.Sc. Psychology and M.Sc. Counselling psychology registered for the same out of which 3 students were selected for the online selection rounds for the position of counsellors and 2 students for profile of content writing after several interview rounds including (group discussion round, mock dyad session and personal interview, round 1). The final online selection round would be conducted the following week.

## 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.

### IT Facilities

Montfort College on a regular basis upgrades the technological facilities. Following are some of the developments during 2022 – 2023:

- 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.

## ALL INDIA CATHOLIC UNIVERSITY FEDERATION (AICUF)

The AICUF unit at Montfort College was inaugurated on 7th July 2023. The programme was organized by the coordinators of the AICUF Cell of Montfort College. AICUF stands for All India Catholic University Federation. The Motto of AICUF is “*We were born in an unjust society, and we are determined not to leave it as we have found it.*” Anyone who is willing to make a difference in the lives of people from underprivileged backgrounds were encouraged to join AICUF as members and 56 members have joined AICUF.

An introductory session on the World Youth Parliament was organized by the AICUF unit at Montfort College 7th of July 2023. The session was conducted by Ms. Salome and Ms. Theresa from Idente Youth and they have organized several World Youth Parliament sessions at the regional, national and international levels. Idente Youth is an international association for children and young people from all walks of life, who wish to identify with human values such as truthfulness, generosity, and peace.

### Activities under MOU

Organization Name	Activity conducted as part of MOU
SCERT Kohima	Internship
Antidote Mental Health	Certificate Course in Art Based Therapy
Alternative Story	Field visits for MSc Psychology & Counselling Psychology

### Extension and Outreach Activities

#### **National Girl Child Day – *Digital Generation, Our Generation***

The Human Rights, Social Justice and Equal Opportunities Cell organized a program called ‘National Girl Child Day – *Digital Generation, Our Generation* on 31<sup>st</sup> January, 2023 at 2:00pm at the Resurrection High School, Michael Palya, Bangalore to raise awareness on problems and rights of girls in India

#### **Self-Injury Prevention Day Walkathon**

The Student Council organized a 4km walkathon observing the Self-Injury Prevention Day on 3<sup>rd</sup> February, 2023. 60 students proceeded to participate, handing out pamphlets and holding barriers to spread awareness with resources that people in distress can easily access.

### **Visit to Jeevitha Anathashrama: Wevolve Club Outreach Activity**

The Wevolve club and Outreach club together reached out to the Jeevitha Anathashrama, K R Puram, an all-community orphanage for boys and girls, on 18<sup>th</sup> February, 2023 to carry out skill enhancement, fun & engagement activities, and awareness programs.

### **NSS Activity- Visit to Ashadeep Girls' Home**

The National Service Scheme (NSS), Montfort College organized a visit to the Ashadeep Girls' Home, Shivaji Nagar, Bengaluru on 10<sup>th</sup> March 2023. The visit included activities such as singing and dancing as well as NSS volunteers pooling money to donate chocolates and sanitary napkins to the residents.



**NSS Volunteers conducting activities for Ashadeep Home children**

### **Awareness Programme - Drugs of Abuse- a Double Whammy**

The Dept of Social Work, Bengaluru North University collaborated with Montfort College to organize the workshop 'Drugs of Abuse- a Double Whammy' on 26<sup>th</sup> April, 2023, Wednesday and welcomed the speakers, Dr. Jonson Pradeep, MBBS, MD (Psychiatry) and Dr. G Jeevan Matthew (Director, Drift Organization, Hyderabad), covering topics such as common substances of abuse, addiction and de-addiction approaches.

### **Visit to Resurrection School (Extension Activity)**

The Dept. of English under the banner of Touchstone conducted an extension activity on 24<sup>th</sup> June 2023 for the 2<sup>nd</sup> Semester Optional English students of the Resurrection School, Binna Mangla Road with the aim of spreading awareness about the challenges of teaching English as a Second Language.



**UG Students interacting with students of Resurrection School**

### **National Service Scheme (NSS) – Annual Camp 2023**

The National Service Scheme (NSS), Montfort College organized its annual camp for its 4<sup>th</sup> semester UG students from 26<sup>th</sup> June, 2023 to 30<sup>th</sup> June 2023 at the Gandhi School of Organic Farming, Tumkur, to complement students' education with experiential learning

### **Field Visit to Nightingales Centre for Ageing and Alzheimer's**

The Dept. of Psychology and WEVOLVE Club organized a field visit to the Nightingales Centre for Ageing and Alzheimer's on 24<sup>th</sup> August 2023 from 10 am to 1 pm to gain insights into the challenges faced by individuals with Dementia



**Field visit to Nightingale's Centre**

### **World Suicide Prevention Day Awareness Drive**

On 10<sup>th</sup> September, 2023 the students and faculty observed the World Suicide Prevention Day and organized a Workshop at 10 am on 'Identifying Red Flags and Intervention for

Survivors’. The workshop was followed by an awareness drive at 12pm by students and faculty on either side of Old Madras Road, holding placards and pamphlets to raise awareness about suicide and its prevention.

### **Street Play to Raise Mental Health Awareness**

The UG and PG students of Montfort College came together to organize a street play to raise awareness for Mental Health Day, observed on October 10<sup>th</sup>, 2022. The play was performed in front of Old Madras Road and enacted various scenarios comprising of bullying and loneliness during old age amongst others.



**Students with faculty after conducting the street play**

## **Observance of Commemorative Days**

### **Ambedkar Jayanthi**

The Caste-based Discrimination Cell, SC/ST Cell and OBC Cell of Montfort college organized a programme to commemorate the 132nd birth anniversary of Dr. B.R. Ambedkar on 17<sup>th</sup> April 2023. The programme started with a prayer, followed by a welcome address by Dr. Vittal Talawar. The programme included a floral tribute by the Principal, Director, and Academic Co-ordinators of UG and PG department. A presentation was played after that for the audience based on the journey and achievements of Dr. B.R. Ambedkar. This was followed by a speech by the Director and the Principal. In the end, an oath was taken by the audience on ‘Non-Discrimination’, and was concluded with a vote of thanks and the National Anthem.

### **Feast of St. Montfort**

St. Montfort Day is celebrated by Montfort College every year on the 28<sup>th</sup> of April, to commemorate and pay homage to the founder of this college, St. Louis Marie-De Montfort. The program included lighting of lamp, speeches by The Principal and The Director. A short video was played, depicting St. Montfort’s life and legacy. The celebration ended with cake-cutting ceremony.

## World Yoga Day

The cultural committee of Montfort college organized an event to celebrate World Yoga Day on 21<sup>st</sup> June, 2023. Dr. Aditya Varma, a certified Psychiatry Provider was invited as the facilitator. Students of UG and PG department engaged in yoga practice aimed to foster physical and mental well-being.



**Yoga in Progress**

## Independence Day

Montfort College commemorated the 77th Independence Day on August 15, 2023, marked by the esteemed Dr. G Lakshmi Nair, Wing Commander, as the guest of honor. Dr. Nair, known for her remarkable contributions in pathology at Command Hospital Air Force, Bengaluru, unfurled the national flag against the backdrop of the azure sky. The theme of “Nation first, always first”; evoked a strong sense of patriotism among attendees. Following the flag hoisting, the college lawn hosted a captivating array of cultural performances, showcasing India’s diverse heritage. Principal Bro. Victor Raj and Dr. G Lakshmi Nair delivered speeches emphasizing freedom, unity, and collective progress. The event was concluded with the National Anthem.



**Independence Day Celebration**

## Gandhi Jayanthi

Gandhi Jayanthi was collectively celebrated by The Department of Hindi and Journalism. The students initiated “Swachh Bharat Abhiyaan”, a cleanliness drive within the campus and

outside the college premises. Students delivered the message of Clean India to the public by holding placards, banners and posters. A documentary was shown to students to illustrate the difficulties our great leader experienced while fighting the British. Later, first semester students performed a skit on the theme of “National Integration”. A caricature of Gandhi was presented by the third semester students. Principal Bro. Victor addressed the student community and urged them to embrace some of Mahatma Gandhi’s core principles and recognize the relevance of his philosophy in the modern world. The program culminated with a quiz on the topic Gandhi – The true leader.



**Swachh Bharat Abhiyan as part of Gandhi Jayanti Celebration**

## Collaborative Activities

### **Collaborative Activity between Montfort College and St. Joseph’s Indian Composite PU college**

The students of 2<sup>nd</sup> Year M.sc Counselling Psychology, Ms. Magdalene Reha and Ms. Megha Lunked completed their internship at the St. Josephs’ Indian Composite PU College from July to September, 2023 through offering counselling services to 1<sup>st</sup> and 2<sup>nd</sup> year PUC Students.

### **Collaborative Activity between Montfort College and Sacred Heart High School**

The students of 2<sup>nd</sup> Year M.sc Counselling Psychology, Ms. Joshna Sweezal and Ms. Lizbeth Sahu Kodunaval completed their internship at the Sacred Heart High School from June to October, 2023 through group sessions on Menstrual Hygiene and Emotional Regulation for 8<sup>th</sup> and 9<sup>th</sup> grade students.

### **Collaborative Activity between Montfort College and St Mary PU College**

The students of 2<sup>nd</sup> Year M.sc Counselling Psychology, Ms. Abhinaya K., Ms. Johanna Reuben, Ms. Pranjal Sinha, and Ms. Kanya Anil completed their internship at the St Mary PU College from August to October, 2023 through offering counselling services to 1<sup>st</sup> and 2<sup>nd</sup> year PUC Students.

### **Collaborative Activity between Montfort College and SMFG Jain PU College**

The students of 2<sup>nd</sup> Year M.sc Counselling Psychology, Ms. Ekta Agiwal and Ms. P.S. Yoshita completed their internship at the SMFG Jain PU College from July to October, 2023 through group sessions on Importance of Mental Health and Stress Management as well as by offering counselling services for 1<sup>st</sup> and 2<sup>nd</sup> year PUC Students.

### **Collaborative Activity between Montfort College and Holy Cross School**

The students of 2<sup>nd</sup> Year M.sc Counselling Psychology, Ms. Thejaswini Kayargadde and Ms. Khushi M Sanghani completed their internship at the Holy Cross School from July to September, 2023 through group sessions on Importance of Mental Health and Stress Management as well as by offering counselling services for 3<sup>rd</sup> to 10<sup>th</sup> grade students.

### **Collaborative Activity between Montfort College and St Anne Girls' Higher Primary School, Halasuru**

The students of 2<sup>nd</sup> Year M.sc Counselling Psychology, Ms. Joshna Sweezal Moras and Ms. Ms. Lizbeth Sahu Kodunaval completed their supervised practicum at the St Anne Girls' Higher Primary School, Halasuru from July to September, 2023 through group sessions on Hygiene, emotional regulation, and time management as well as by offering counselling services to 7<sup>th</sup> grade students.

## **Co-curricular and Extracurricular Activities**

### **Student Council Elections**

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 **22nd January, 2023** after which they started the campaign during short breaks and also by putting posters. On the day of election, **22nd January, 2023**, 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.

### **Graduation Day**

The graduation ceremony of Montfort College was organized on 22<sup>nd</sup> Nov 2023. The post graduate students of M.Sc Psychology and M.Sc Counselling Psychology who belonged to the batch of 2021-2023 respectively participated in the event. A total of 77 students participated in the graduation ceremony. The chief guest for the ceremony was Dr. Ponmudi Raj, Member, NAAC Advisory Committee. The guest of honor was Provincial Superior 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 the Principal, Bro. Victor Raj. Commencement address was given by the guest of honor who highlighted the fact that by graduating from a premier institution, catering to mental health and well-being, the students would be healing those who are in need.



## **Sports**

Bengaluru North University Organized inter-collegiate Athletics Men and Women Games on 9<sup>th</sup> and 10<sup>th</sup> Aug 2023 at GFGC, Chinthamani. Eleven UG students had participated in various Athletics games. Aprameyan Ramesh won 2nd place in 10k running.

## **Montfort's Got Talent**

Montfort's got talent was organized by the cultural committee on 28<sup>th</sup> April 2023. Students from both UG and PG departments participated enthusiastically. Talents like singing, dancing, and poem recitation were showcased with zeal and zest. Some faculty members also joined the talent show and displayed their melodious singing skills.

## **Umang – The Art Festival**

The UG department of Montfort College organized 'Umang – The Art Festival' on July 24, 2023. It was a cultural festival wherein students of the UG department showcased their talent of dance, music, mehendi art. It witnessed an active and enthusiastic participation from the students.

## **An Interactive Session on 'Art and Philosophy of Peace'**

Montfort College in collaboration with Fronteversismo, Italy conducted an interactive session on 'Art and Philosophy of Peace' was conducted. The guest speaker, Mr. Giuseppe Siniscalchi, presented his art work and highlighted the philosophy of art and peace through his works explaining that 'Fronteversismo', means back and front and all the paintings will have both sides painted. In the afternoon at 3pm Mr. Giuseppe facilitated two group painting sessions along with PG and UG students separately. Overall, the students were inspired by the workshop and painting sessions.

### **Felicitating Mr. Giuseppe Siniscalchi**

