



MONTFORT

COLLEGE

A PREMIER INSTITUTE IN UG & PG PROGRAMS
Affiliated to Bengaluru North University

Annual Report

2023 - 24

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Montfort College

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INTRODUCTION

MONTFORT COLLEGE, is a Catholic minority institution established by Montfort Brothers and managed by Montfort College Society. It is affiliated to Bengaluru North University. It offers two postgraduate programmes (duration of 2 years): M.Sc. in Counselling Psychology & M.Sc. in Psychology as well as four undergraduate programmes (duration of 3 years): Bachelor of Arts (B.A), Bachelor of Science (B.Sc), Bachelor of Commerce (B.com), and Bachelor of Business Administration (BBA) which are in compliance with NEP 2020. Psychology, Journalism, Optional English, and Computer Science are some of the different streams provided in these arts and science courses.

VISION

“Liberation with Enlightenment”.

MISSION

Our mission is to empower individuals towards personal integration and professional competence creating locally relevant and globally employable citizens capable of providing contextual, inclusive, ethical services, creating resources of value within their milieu, and working towards social transformation.

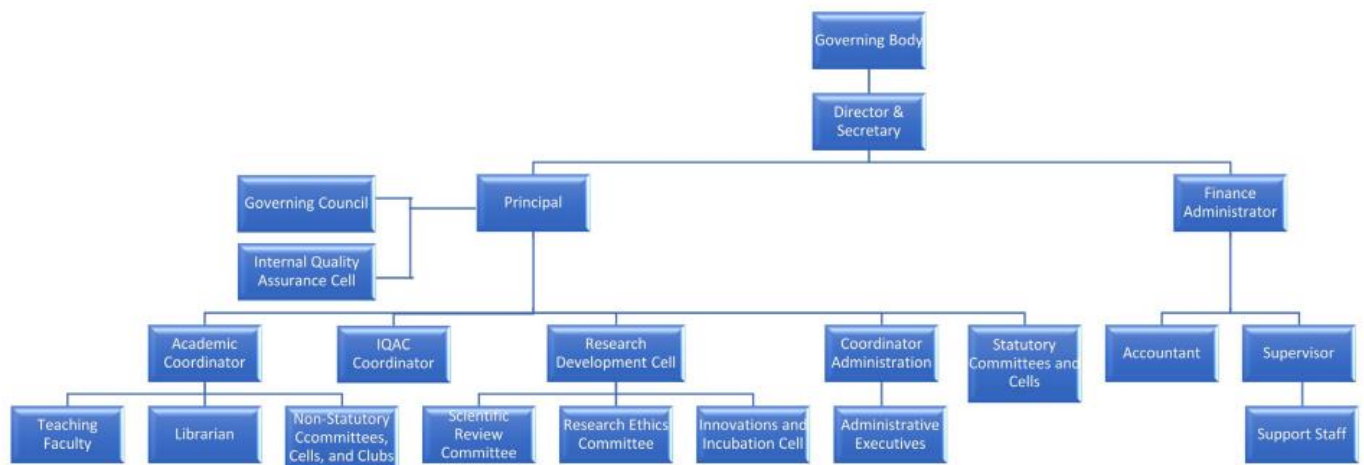
VALUES

- Academic excellence
- Intellectual curiosity
- Professional competence
- Global cognisance
- Personal integrity
- Holistic wellbeing
- Commitment and service
- Empathy and compassion

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. Molly Joy
Mobile Number	+91 9880096104
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	297
IQAC Co- Ordinator	Dr. Shambhavi G.
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. George V. J., Chairman, Montfort College
- Bro. Dr. Arul M., Director, Montfort College
- Dr. Molly Joy, Principal, Montfort College
- Bro. Dr. Mathew Panathanath, Former Principal, Montfort College
- Sri. Venkateshappa H.V., Member of Syndicate, BNU, Mulbagilu Taluk, Kolar District
- Mr. Luckose Vallatharai, Retired Civil Servant and Former Commissioner for Education
- Prof. H S Ashok, former Chairperson, Department of Psychology, Bangalore University

- Prof. Tony Sam George, Dean of Humanities, Christ University
- Sri V A Mohan Rangam, Advocate
- Prof. S V Suryarekha, former Principal i/c, Montfort College
- Ms. Sritha Sandon, IQAC, Montfort College
- Ms. Saritha Mathew, Administrative Superintendent, Montfort College

IQAC

Core team Members

- Chairperson: Dr. Molly Joy, Principal, Montfort College
- IQAC Coordinator: Dr. Shambhavi G., Assistant Professor, Montfort College
- Co-coordinator: Dr. Sritha Sandon, Associate Professor, Montfort College
- Co-coordinator: Mrs. Saritha Mathew, Administrative Coordinator, Montfort College

Members from the Management

- Br. George Padikara, Chairman, Montfort College Society, Bangalore
- Dr. Br. Mathew Panathanath, Director, Montfort College
- Br. M.K. Joseph, Financial Officer, Montfort College

External Experts

- Dr. Tony Sam George, Dean of Social Sciences, Christ University, Bangalore
- Dr. H.S. Ashok, Dean of Humanities, Chanakya University, Bangalore
- Dr. Ramya Senthil, Deputy Director IQAC, Kristu Jayanti College, Bangalore

Representatives

- Employer / Industrialist: Mr. Patrick Vaz, Managing Trustee, Arpita Foundation, Bangalore
- Nominee from Local Society: Mr. John Thomas, Senior Journalist
- Alumna: Ms. Kodhai Narayanan, Assistant Professor, St. Joseph's University, Bangalore
- Student: Ms. Rhea Anna Varkhey, M.Sc. Psychology Batch 2023-25, Montfort College

Teachers

- Dr. Maxim Pereira, Academic Coordinator, PG programs, Montfort College
- Dr. Zubaida Anwar, Academic Coordinator, UG programs, Montfort College

FACULTY DETAILS

TEACHING FACULTY

Sl.No.	Name	Designation
1.	Dr. Molly Joy	Principal – Montfort College
2.	Ms Sritha Sandon	Vice-Principal - Montfort College
3.	Dr. Maxim Pereira	Associate Professor
4.	Dr. P. Sudhamayi	Assistant Professor
5.	Dr. Vittal Talvar	Assistant Professor
6.	Paras Sharma	Assistant Professor
7.	Saba Jahan	Assistant Professor
8.	Dr. Shambavi G	Assistant Professor
9.	Ms. Isha Mishra	Assistant Professor
10.	Dr. Zubaida Anwar	Assistant Professor
11.	Ms. Sneha Ghosh	Assistant Professor
12.	Mr. Yuvaraj	Assistant Professor
13.	Anandhi G.	Assistant Professor
14.	Ms. Kusum Yadav	Assistant Professor
15.	Ms. Annu Kuriakose	Assistant Professor
16.	Ms. Atulya Mohan	Assistant Professor
17.	Mr. Alwin Paul Alias	Assistant Professor
18.	Nestricia Mary L.	Assistant Professor
19.	Christina Buella S	Assistant Professor
20.	Shobana Balasundaram	Assistant Professor
21.	Noor Fathima	Assistant Professor
22.	Kumar S.	Assistant Professor
23.	Amarnath R.	Assistant Professor
24.	Hotoli Kinimi	Assistant Professor

NON-TEACHING AND SUPPORT STAFF

Sl.No.	Name	Designation
1.	Mrs. Saritha Mathew	Coordinator - Administration
2.	Ms. Aleena Varghese	Accountant
2.	Mrs. Shobha M.S	Librarian

3.	Mrs. X. Mary Auxilla	Admin Staff
4.	Mrs. Ambika	Admin Staff
5.	Mr. Samson Paul Raj P	Admin Staff
6.	Mrs. Arokiya Mary	Support Staff
7.	Mr. R Vasudevan	Technical Support Staff
8.	Halamma	Support Staff

STUDENT COUNCIL

Sl.No	Name	Designation
1.	Mr. George Vivek Shaji Kudiyat	President
2.	Ms. Rhea Anna Varkey	Vice President
3.	Ms. Gitanjali Tilak	Event Secretary
4.	Ms. Aathmika S.	Sports Secretary
5.	Ms. Sreenidhi S.L.	Treasurer
6.	Ms. Rashmi Hannah James	Class Representative
7.	Ms. S Chandana	Class Representative
8.	Ms. Jyothsna V	Class Representative
9.	Ms. Nico Maini	Class Representative
10.	Mr. Aditya S	Council Representative
11.	Ms. Bhargavi	Council Representative
12.	Ms. Supriya A	Council Representative

COMMITTEES AND CLUBS

A. STATUTORY COMMITTEES

(i) Grievance Redressal Cell

Sl. No.	Name	Designation
1.	Dr. Molly Joy	Principal
2.	Ms. Sritha Sandon	Convenor
3.	Dr. Maxim Pereira	Member
4.	Dr. Zubaida Anwar	Member
5.	Mrs. Saritha Mathew	Member

(ii) Anti -Ragging Cell

Sl. No.	Name	Designation
1.	Dr. Molly Joy	Principal
2.	Dr. Zubaida Anwar	Nodal Officer
3.	Dr. Maxim Pereira	Member
4.	Mrs. Dorathy J Dominic	Member
5.	Mr. George Vivek	Student Representative – PG-Psy
6.	Mr. Abel Eldho	Student Representative- UG-B.Sc.

***UGC norms applicable**

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

Sl.No.	Name	Designation
1.	Dr. Molly Joy	Principal, Montfort College
2.	Ms. Sritha Sandon	Convenor
3.	Dr. Zubaida Anwar	Member
4.	Mrs. Saritha Mathew	Member
5.	Mrs. Dorathy J. Dominic	Member

6.	Dr. Janet Parameshwaran	External Expert
7.	Adv. Mohana Rangam	Lawyer
8.	Ms. Athmika	Student Representative- PG-CP
9.	Ms. Harshitha U.	Student Representative-UG-B. Com

(iv) Code of Conduct

Sl.No.	Name	Designation
1.	Dr. Br. Mathew	Director
2.	Dr. Molly Joy	Principal
3.	Br. M.K. Joseph	Financial Officer
4.	Dr. Maxim Pereira	PG Coordinator
5.	Dr. Zubaida Anwar	UG Coordinator
6.	Mrs. Saritha Mathew	Admin Coordinator

(v) Human Rights and Social Justice & Equal Opportunity Cell

Sl.No	Name	Designation
1.	Dr. Sudhamayi P	Convenor
2.	Dr. Vittal Talavar	Member
3.	Mrs. Saba Jahan Khan	Member
4.	Ms. Srinidhi	Student Representative
5.	Ms. Rhea Anna Varky	Student Representative
6.	Ms. Supriya Anantha	Student Representative
7.	Ms. Niyathi Cholan	Student Representative

B) ACADEMIC AND RESEARCH COMMITTEES

(i) Research Development Cell

Sl.No	Name	Designation
1.	Dr. Sudhamayi P	Faculty Coordinator

2.	Mrs. Annu	Member
3.	Ms. Sruthi P	Member
4.	Ms. Shobana	Member

(ii) Curricular Committee

Sl.No	Name	Designation
1.	Dr. Sritha Sandon	Vice-Principal
2.	Dr. Maxim Pereira	PG Coordinator
3.	Ms. Saba Jahan	Coordinator
4.	Ms. Isha Mishra	Member
5.	Ms. Sneha Ghosh	Member
6.	Mr. Yuvaraj	Member

(iii) Examination Committee

Sl.No	Name	Designation
1.	Dr. Sritha Sandon	Vice-Principal
2.	Dr. Vittal Talavar	UG Coordinator
3.	Dr. Shambhavi G	PG Coordinator
4.	Ms. Sneha Ghosh	Member
5.	Ms. Noor Fathima	Member

(iv) Innovation, Incubation and Placement

Sl.No	Name	Designation
1.	Dr. Zubaida Anwar	Coordinator
2.	Mrs. Annu	Co-Coordinator
3.	Ms. Shobana B	Member
4.	Ms. Atulya Mohan	Member
5.	Mrs. Sneha Ghosh	Member

6.	Ms. Bhargavi	Student Member - UG - B.Sc.
7.	Ms. Gitanjali	Student Member - PG - MSc.

(iii) Experiential Learning

Sl. No.	Name	Designation
1.	Ms. Shobana	Faculty Coordinator
2.	Mr. Amarnath	Member
3.	Mrs. Saba Jahan	Member
4.	Ms. Aishwarya S.	Student Member - UG - BBA
5.	Ms. Amogha	Student Member - PG - M.Sc.

(iv) Coordinators

Sl. No.	Name	Designation
1.	Dr. Shambhavi G.	Internal Quality Assurance Cell (IQAC)
2.	Dr. Maxim Pereira	Academic Coordinator - PG
3.	Dr. Zubaida Anwar	Academic Coordinator - UG
4.	Mr. Paras Sharma Dr. Anandhi G	Placement Cell Practicum Supervision & Internship
5.	Dr. Sudhamayi P	Research Supervision

(v) Admission Committee - PG

Sl. No.	Name	Designation
2.	Dr. Sritha Sandon	Vice-Principal
3.	Ms. Saba Jahan	Member
4.	Ms. Shobana	Member

(vi) Admission Committee - UG

Sl. No.	Name	Designation
1.	Dr. Zubaida Anwar	Academic Coordinator - UG
2.	Dr. Vittal Talawar	Member
3.	Mrs. Sneha Ghosh	Member

4.	Mr. Yuvaraj	Member
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C) DEVELOPMENT CELLS

(i) Faculty & Staff Development Cell:

Sl.No	Name	Designation
1	Ms. Sritha Sandon	Coordinator
2	Dr. Maxim Pereira	Member
3	Dr. K Rajalakshmi	Member
4	Mrs. Saritha Matthew	Member

(ii) Student Development Cell

Sl. No.	Name	Designation
1.	Ms. Saba Jahan	Coordinator
2.	Mr. Alwin Paul Alias	Co- Coordinator
3.	Mr. Calvin George Michael	Co-Coordinator
4.	Ms. Devyani Singh	Member– President – SC-CP
5.	Ms. Simran Goglani	Member - PG – CR-PSY
6.	Ms. Vedashree Musty	Member– PG – CR - CP
7.	Ms. Harshitha Dosaj	Member-UG-B. Com

(iii) Certificate Programmes/Add on/Value Added Programmes

Sl.No	Name	Designation
1	Dr. Maxim Pereira	Psychodrama
2	Mr. Alwin Paul Alias	Art based Therapy
3	Ms. Anandhi G	CPCP
4	Dr. Shambhavi Shastry	Add on/Value Added Programmes-PG
5	Ms. Annu Kuriakose	Add on/Value Added Programmes-UG

D) OTHER COMMITTEES AND CLUBS**(i) Discipline Committee**

Sl.No.	Name	Designation
1	Dr. Subaida Anwar	Convenor
2	Mrs. Saba Jahan	Member
3	Mr. Calvin George Michael	Member

(ii) Extension and Outreach, Red Cross, Swachh Bharat Abhiyan, AICUF

Sl.No	Name	Designation
1.	Mrs. Isha Mishra	Faculty Coordinator
2.	Mrs. Kusum Yadav	Faculty Coordinator
3.	Mrs. Sneha Ghosh	Member
4.	Dr. Vittal Talawar	Member
5.	Mr. Yuvaraj H	Member
6	Mrs. Noor Fathima	Member
7.	Ms. Adithya	UG - BBA - Student Representative
8.	Mr. Gavin Raj	UG - BBA - Student Representative

(iii) NSS

Sl.No	Name	Designation
1	Dr. Vittal Talawar	Coordinator
2	Mr. Yuvaraj H	Member
3.	Mr. Jhana Roshan	Student Member - UG - BA
4.	Ms. Harshitha Vinod	Student Member - UG - B.Sc.

(iv) Media and Promotion

Sl.No	Name	Designation
1.	Mr. Yuvaraj	Faculty Coordinator

2.	Ms. Atulya Mohan	Member
3.	Ms. Nesticia	Member
4.	Mr. Amarnath	Member
5.	Mr. Srihari Sunil	Student Member - UG - B.A.
6.	Mr. Navneeth	Student Member - UG - B.A.

(v) Environment Club

Sl. No.	Name	Designation
1.	Mrs. Noor Fathima	Faculty coordinator
2.	Mrs. Sangeetha	Faculty coordinator
3.	Ms. Harpitha S	Student Member

(vi) Literary and Cultural Committee

Sl. No.	Name	Designation
1.	Ms. Shruthi B.C.	Faculty Coordinator
2.	Ms. Hotoli Kinimi	Member
3.	Ms. S. Sangeetha	Member
4.	Ms. Noor Fathima	Member
5.	Ms. Gitanjali Tilak.	Student Member - PG - M.Sc.
6.	Ms. Koel Roy	Student Member - UG - B.S.c

(vii) Sports

Sl.No	Name	Designation
1.	Dr. Vittal Talawar	Coordinator
2.	Mr. Yuvaraj	Member
3.	Ms. Aathmika S	Student Member - PG - M.Sc
4.	Mr. Jhana Roshan	Student Member- UG - BA
5.	Ms. Harshitha Vinod	Student Member - UG - B.Sc

CURRICULAR DESIGN AND DEVELOPMENT

ACADEMIC PROGRAMMES

Programmes Affiliated to Bengaluru North University

The college offers the following programmes:

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:

Montfort College provides 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 are in compliance with NEP 2020. Psychology, Journalism, Optional English and Computer Science are some of the different streams provided in these arts and science courses.

- Bachelor of Arts (B.A.)
- Bachelor of Science (B.Sc.)

- Bachelor of Commerce (B.Com)
- Bachelor of Business Management (BBA)

VALUE ADDED / CERTIFICATE COURSES

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.

WORKING SYSTEM OF THE COLLEGE

UG Orientation Programme - 2023-24

Montfort College welcomed the new batch of Undergraduate students on the **17th July 2023**. Faculty and management along with the senior students organized an orientation program for the fresh batch of UG and PG students for the academic year 2023-24 and extended a warm welcome to the new batch. The students were introduced to the Montfort culture and ensured their success in college.

Induction Program for 1st Semester UG students

The program began at 9.30am on **17th July 2023**. The Principal Dr. Br Victor Raj welcomed the students to the campus. This was followed by a speech from the Director, Br Arul Raj, who expounded on the opportunities the students could take advantage of during their academic journey at Montfort College. A video presentation of the college was then shown, followed by the introduction of teaching faculty. Students were given more information regarding the general guidelines of the college and a cultural performance to welcome the freshers was organised by the undergraduate and postgraduate students of Montfort. Lastly Dr. Zubaida Anwar, Academic Coordinator thanked one and all who were involved in organizing the inaugural event.

PG Orientation Programme - 2023-24

An orientation programme was conducted on **4th January 2024** to welcome the new batch of Postgraduate students. Dr. Maxim Pereira, Academic Coordinator, began the session with a welcome address to all the students. This was followed by an address by the principal, Dr. Molly Joy, on the code of conduct followed by the college. The orientation then gave way to several planned activities as part of the induction programme organised for the new students.

Induction Program for 1st Semester PG students

The program was conducted over the course of **4th, 5th and 6th January 2024**. Several activities were organised, ranging from a campus tour organised by the PG students to multiple informative sessions by the PG faculty on topics such as outcome-based & self-directed learning, self-awareness and mindfulness, growth mindset and intentionality, unmasking the self through art therapy etc. Feedback was obtained from students on the overall programme and a sharing session was conducted.

Calendar of events - PG

07-12-23	Thursday	Classes Started for 3 rd Sem MSc. CP & Psy
13-12-23	Wednesday	Commemoration of Human Rights and Constitution Day at 2:00 pm – Human Rights & Equal Opportunity Cell
14-12-23	Thursday	Menstrual Health and Hygiene Awareness Session at 2:00 pm
16-12-23	Saturday	Group Therapy for MSc. CP 3 rd Sem Commences at 9:00 am Alumni Meeting at 9:45 am Launching of the Outreach Programme at 3:00 pm
18-12-23	Monday	Christmas Carnival Begins Santa's Kitchen, Food Stalls: 12:00 pm
19-12-23	Tuesday	Lalala Fiesta, Handicrafts and Snacks Stalls: 3:00 pm
20-12-23	Wednesday	Jingle Bell Rockout, Choir, Skit and Christmas Tree Decoration: 2:00 pm
21-12-23	Thursday	Group Therapy for MSc. CP 3 rd Sem Ends Blood Donation 9:00-12:00 pm – Red Cross
22-12-23	Friday	Christmas Celebration: 11:00 am.
23-12-2023 to 02-01-24		Christmas Vacation
04-01-24	Thursday	Inauguration of the academic year for MSc. 1 st sem and Induction & Orientation New Principal Dr. Molly Joy assumes office.
05-01-24	Friday	Induction & Orientation
06-01-24	Saturday	Induction & Orientation
08-01-24	Monday	Classes start for 1 st MSc – CP & Psy
11-01-24	Thursday	Fresher's Day: 2:00 pm
15-01-24	Monday	Makara Sankranti - Holiday
17-01-24	Wednesday	Farewell to Bro. Victor Raj at 2:30 in the Auditorium
25-01-24	Thursday	Session on Road Traffic Awareness by Jeevan Bhima Nagar Traffic Police Station from 11:15-12:00 in the auditorium for all PG classes

26-01-24	Friday	Republic Day - Republic day - Essay Writing Competition for UG & PG
08-02-24	Thursday	Expert Talk on Dementia at 3:30 pm in the Auditorium for all PG Classes
12-02-24	Monday	Session on Trauma Informed Counselling for 3MSc. CP & Psy 9:00-1:00pm by Paras Sharma in the Auditorium
13-02-24	Tuesday	Session on Trauma Informed Counselling for 3MSc. CP & Psy 9:00-1:00 pm by Paras Sharma in the Auditorium
20-02-24	Tuesday	Mental Health Santhe 2.0 at NIMHANS – Field Visit for 1MSc. CP & Psy
23-02-24	Friday	Synergia – Intra-collegiate fest
01-03-24	Friday	Session on Personal Development by Mr. Sabu John for 3MSc. CP – at 11:15 am
08-03-24	Friday	<i>Mahashivaratri</i> - Holiday
09-03-24	Saturday	Second Saturday - Holiday
12-03-24	Tuesday	Sheros: Women’s Day Celebration
18-03-24	Monday	‘Mera Pahla Vote Desh ke Liye’ Session by Ms Cynthia Stephen, Writer, Journalist, Social Researcher and Civil Society Leader at 3:30 in the Auditorium
19-03-24	Tuesday	Election to Student Council
28-03-24	Thursday	Holiday for Students; Holiday for Faculty in the afternoon
29-03-24	Friday	Good Friday - Holiday
30-03-24	Saturday	Easter Eve - Holiday
31-03-24	Sunday	Easter
08-04-24	Monday	First Round of Entrance Test and Interviews for MSc. Programmes 2:00-4:30 pm
09-04-24	Tuesday	Ugadi – Holiday
11-04-24	Thursday	Ramzan - Holiday
12-04-24	Friday	Investiture of the Student Council at 3:30 pm in the auditorium
13-04-24	Saturday	Second Saturday – Working Day
14-04-24	Sunday	Ambedkar Jayanti
		Last working day for MSc.
16-04-24	Tuesday	Orientation to SBI- Youth For India Fellowship for final year UG and PG students in the Auditorium at 2:00 pm – by Innovation, Incubation and Placement Cell

17-04-24	Wednesday	Mock Exam for Practical Papers – 1 st MSc Research Proposal Preparation – 2 nd MSc.
18-04-24	Thursday	Mock Exam for Practical Papers – 1 st MSc Research Proposal Preparation – 2 nd MSc. Ambedkar Jayanti Celebration at 3:00 in the lawn
19-04-24	Friday	Research Proposal Presentations – 2 nd MSc.
20-04-24	Saturday	Research Proposal Preparation – 2 nd MSc.
22-04-24	Monday	Study Holiday for MSc. CIA 3 – UG – Activity based learning World Earth Day Celebration - Exhibition –Planet vs Plastics
23-04-24	Tuesday	Study Holiday for MSc.
24-04-24	Wednesday	Study Holiday for MSc.
25-04-24	Thursday	Study Holiday for MSc.
26-04-24	Friday	Loksabha Election in Bangalore - Holiday
27-04-24	Saturday	Study Holiday for MSc. Collection of Hall Tickets by MSc. Students
29-04-24	Monday	Second Round of Entrance Test and Interviews for MSc. Programmes 2:00-4:30 pm Theory Exams for MSc. 1 st sem Begin
30-04-24	Tuesday	Theory Exams for MSc. 3 rd sem Begin
01-05-24	Wednesday	May Day - Holiday
06-05-24	Monday	ERP Training for Faculty
08-05-24	Wednesday	Research Day for PG Faculty
10-05-24	Friday	Basava Jayanti- Holiday
15-05-24	Wednesday	Vacation for MSc.3 rd and 1 st Sem
21-05-24	Tuesday	Revision of Practical Papers – MSc. 3 rd Sem
22-05-24	Wednesday	Revision of Practical Papers – MSc. 3 rd Sem
23-05-24	Thursday	Revision of Practical Papers – MSc. 1st Sem

24-05-24	Friday	Revision of Practical Papers – MSc. 1stSem
27-05-24	Monday	Practical Exams for MSc. 3 rd sem Begin
28-05-24	Tuesday	Practical Exams for MSc. 3 rd sem
29-05-24	Wednesday	Practical Exams for MSc. 3 rd sem
30-05-24	Thursday	Practical Exams for MSc. 1 st sem Begin
31-05-24	Friday	Practical Exams for MSc. 1 st sem
01-06-24	Saturday	Practical Exams for MSc. 1 st sem

03-06-24	Monday	Classes begin for MSc. 2 nd sem
04-06-24	Tuesday	Classes begin for MSc. 4 th sem
05-06-24	Wednesday	Final Research Proposal Submission. Internship for MSc.CP 4 th Sem Begins
07-06-24	Friday	Ethnic Day
15-06-24	Saturday	1 st CIA – Activity based learning to be completed for MSc. 4 th sem
17-06-24	Monday	Bakrid – Holiday
29-6-24	Saturday	Submission of the soft copy of 3 Chapters of Research Dissertations (Introduction, ROL & Methods)
01-07-24	Monday	Submission to the Principal CIA – 1 (10 Marks) and attendance for the month of June Annual Sports Day-2024
05-07-24	Friday	Expert talk on Careers in Industry ; for 2nd Sem and 4th Sem MSc.Psychology Students
08-07-24	Monday	MSc.Psy – 4 th sem – Internship Begins
12-07-24	Friday	Session on Introduction to Psychodrama fro MSc. Psy and CP Students of 2nd and 4th Semester
14-7-2024	Sunday	Internship for MSc. CP 4 th sem ends.
15-07-24	Monday	1st CIA – Activity based learning to be completed for MSc. 2nd sem
17-07-24	Wednesday	Last Day Muharram – Holiday

18-07-24	Thursday	Exposure Visit by Anugraha Institute of Counselling and Psychotherapy, Dindigul. Workshop on Projective Techniques for PG Faculty
22-07-24	Monday	2 nd CIA – Mid-term Exam – Theory & Practical for MSc – 2 nd sem
23-07-24	Tuesday	2 nd CIA – Mid-term Exam – Theory & Practical for MSc – 2 nd sem
24-07-24	Wednesday	2 nd CIA – Mid-term Exam – Theory & Practical for MSc – 2 nd sem
25-07-24	Thursday	2 nd CIA – Mid-term Exam – Theory & Practical for MSc – 2 nd sem
26-07-24	Friday	2 nd CIA – Mid-term Exam – Theory & Practical for MSc – 2 nd sem
01-08-24	Thursday	Submission to the Principal CIA – 2 and 3 and attendance for the month of July and August
07-08-24	Wednesday	MSc.Psy – 4 th sem – Internship Ends
10-08-24	Saturday	Submission of softcopy of the Research Dissertations - Results and Data Analysis
12-08-24	Monday	Reflective Practice in Supervision by Clyde Murthy - In-house FDP for PG Faculty
13-08-24	Tuesday	Reflective Practice in Supervision by Clyde Murthy - In-house FDP for PG Faculty
14-08-24	Wednesday	Reflective Practice in Supervision by Clyde Murthy - In-house FDP for PG Faculty
15-08-24	Thursday	Independence Day
16-08-24	Friday	Session on Practice Issues in Counselling for MSc. 4 th CP – 4 th Sem
17-08-24	Saturday	Symposium and panel discussion Psychologist Today – Health - Help – Happiness
30-08-24	Friday	Submission of softcopy - Final Draft of Research Dissertations
31-08-24	Saturday	Internship for MSc. CP 4 th Sem Ends
06-09-24	Friday	Workshop on Qualitative Data Analysis for MSc. CP & Psy 2 nd Sem Students
07-09-24	Saturday	Submission of Internship Records

09-09-24	Monday	Submission of the Hardbound copies of Research Dissertations
10-09-24	Tuesday	World Suicide Prevention Day
11-9-24	Wednesday	Farewell for MSc. 2 nd year classes
12-9-24	Thursday	Last Working Day Submission of Practical Records by M.Sc. CP& Psy 2 nd sem classes
13-09-24	Friday	Graduation
02-10-24	Wednesday	Gandhi Jayanti - Holiday
10-10-24	Thursday	World Mental Health Day
11-10-24	Friday	Maha Navami – Holiday
12-10-24	Saturday	Vijaya Dashami – Holiday
14-10-24	Monday	MSc. CP & Psy Syllabus Revision
15-10-24	Tuesday	Mental Health Santhe 3.0 – Stall at NIMHANS
16-10-24	Wednesday	MSc. CP & Psy Syllabus Revision
17-10-24	Thursday	Valmiki Jayanti - Holiday MSc. CP & Psy Syllabus Revision
18-10-24	Friday	MSc. CP & Psy Syllabus Revision
19-10-24	Saturday	MSc. CP & Psy Syllabus Revision
20-10-24	Sunday	MSc. CP & Psy Syllabus Revision
21-10-24	Monday	Orientation to Supervised Practicum - MSc. CP 2 nd Sem MSc. CP & Psy Syllabus Revision
22-10-24	Tuesday	MSc. CP & Psy Syllabus Revision
23-10-24	Wednesday	MSc. CP & Psy Syllabus Revision
24-10-24	Thursday	MSc. CP & Psy Syllabus Revision
31-10-24	Thursday	Naraka Chaturdashi - Holiday

Calendar of Events - UG

10-07-23	Orientation for First semester
11-07-23 – 14-07-23	Bridge Course for first semester
17-07-23	Commencement of Classes for first semester
15-07-23	Nature Conservation Day
08-09-23	Freshers Day
18-09-23 - 25-09-23	CIA-2 for first semester
19-07-23	Workshop on APA citation – Dept of Psychology
24-07-23 - 29-07-23	CIA-2 For IV Sem
27-07-23	Last working day for II Sem (As per University notification)
29-07-23	Premchand Jayanti - Dept of Hindi
31-07-23	10th day of Muharram
07-08-23	Commerce Day celebration
12-08-23	Ethnic Day/International Youth Day Celebration
15-08-23	INDEPENDENCE DAY
17-08-23 - 25-08-23	CIA-1 For first semester
24-08-23	A visit to Nightingale centre- Wevolve club
28-08-23	Career guidance workshop- Wevolve Club
18-09-23 - 25-09-23	CIA-2 for first semester
19-08-23	World Photography Day
21-08-23 - 26-08-23	CIA-3 for IV ^h Sem
27-07-23	PTM FOR 2 nd sem
02-09-23	Freshers Day
06-09-23- 15-09-23	Pre Finals For IV Sem
05-09-23	Teachers Day
12-09-23	Suicide Prevention Day
18-09-23 - 25-09-23	CIA-2 Week

14-09-23	Hindi Divas
19-09-23	Ganesh Chaturthi
02-10-23	Gandhi Jayanthi
16-10-23 - 23-10-23	CIA-3 for first semester
11-10-23	International World Girl Child Day
14-10-23	Mahalaya Amavasya
10-10-23	World Mental Health Day
24-10-23	Vijayadhasmi/ Dussehra
27-10-23 - 06-11-23	CIA-4 Pre Finals for First semester (Tentative)
28-10-23	Maharishi Valmiki Jayanthi
30-10-23	International internet day
01-11-23	Kannada Rajotsava day
12-11-23	Deepawali
14-11-23	Bala Mela
30-11-23	Kanakadasa Jayanthi
02-12-23	World Computer Literacy day
04-12-23	Commencement of 3rd sem & 5th Sem classes
12-12-23	Caption writing comp in Hindi
23-12-23 - 01-01-24	Christmas Vacation
25-12-23	Christmas
04-01-24 - 12-01-24	CIA-4 Pre-Final Exam for I & III Sem
18-01-24 - 27-01-24	CIA-4 Submission for V sem (short term QP was circulated)
10-01-24	Designing your cover page –competition (Dept Of English)
15-01-24	Makara Sankranti/Pongal
16-01-24	Career Guidance session to V sem students (Dept of Psychology)
20-01-24	Field visit to Mysore Printers (Dept of Journalism)
22-01-24 - 27-01-24	CIA-2 WEEK –V sem

26-01-24	Republic day
14-02-24 – 25-02-24	1&3 rd sem University examinations Poster making competition (Anti Ragging Cell) UG & PG
19-02-24 - 29-02-24	V sem University examinations
15-02-24	Card making competition- (Dept of English)
28-02-24	Inauguration of Book club
15-03-24	Re opening for 1,3,5 sem Bcom,BBA
25-02-24	Reopening for 1,3,5 sem BA,Bsc
08-03-24	Mahashivarathri
09-03-24	Guest Lecture (Dept of Kannada)
15-03-24	Consumer Rights Day (Dept of Commerce)
20-03-24	Field visit for IV sem (Dept of Psychology)
23-03-24	Puzzles – Birthday of Rene Descartes (Extension activity) -Dept of English
25-03-24- 05-04-24	CIA—4 WEEK V sem
29/3/ 2024	Good Friday
09/4/ 2024	Ugadi
10-04-24	Khutba-e-Ramzan
11-04-24	Guest Lecture (Dept of Journalism)
17-04-24	Poetry recitation competition (Dept of Hindi)
20-04-24	Field visit for II sem (Dept of Psychology)
23-04-24	Shakespearean Stage elements- (Dept of English)
01-05-24	May day – 1
03-05-24	SocialMedia & Reporters Day (Dept of Journalism)
05-05-24	Basava Jayanthi
10-05-24	Special Talk on Lok sabha elections (Dept of Journalism)
15-05-24	Career Counselling workshop (Dept of Commerce)
16-05-24	Hindi divas celebration & Pick and speak competition (Dept of Hindi)

24-05-24	Essay writing competition (Dept of Kannada)
26-05-24	Enactment of Dr Faustus – Dark Romanticism (Dept of English)
14-06-24	Book club meeting – Ruskin Bond (Dept of English)
16-06-24	Poem recitation competition (Dept of Kannada)
22-06-24	Pride Month (Dept of Psychology)
29-06-24	Camera Day celebration (Dept of Journalism)

Admission Process and Student Strength

The admission process for the year 2023-24 included an entrance test and interview for PG the applicants and only an interview for UG applicants. Montfort College follows a roster system. The admission process started in the month of May and 184 applications were received for Postgraduate courses and 85 applications for Undergraduate courses under the Management quota. 60 PG students and 35 UG students were selected after the proper procedure from the management's end. 25 PG students joined through University Admissions.

INFRASTRUCTURE

The college building has a built-up area of 39,926 sq. ft on four floors; our hostel building has a built-up area of 21,540 sq. ft also on four floors. We have a separate cafeteria catering to the food and snack requirements of the students and faculty. The college has three functioning bore wells which ensure uninterrupted water supply to us. We also have a rainwater harvesting system in place, which re-charges the bore wells. Solar heating systems are installed on the terraces of both the college building and hostel building to meet our hot water requirements. A 30 KVA Diesel Generator set ensures an uninterrupted power supply to college and hostel buildings. In addition, we have a large parking area, garden, and sports area.

The courses adopt an ICT-enabled teaching-learning process. Faculty make use of teaching aids like models, charts, animations, games, puzzles, etc. Classrooms and labs are furnished with blackboards and whiteboards along with LCD display—assisted projection and audio-video systems. Group therapy rooms are carpeted from wall to wall and provided with curtains and other requirements to provide proper acoustics as well as a one-way mirror for training and supervision. There are 16 classrooms on campus and 8 and 12 restrooms for men and women respectively. The college uses internet services provided by

ACT Enterprise. The campus is safe and secure with 26 CCTV cameras and 24X7 security present on campus. The campus is completely walled and has solar lighting.

Library

The library is an integral component of the institution ever since its inception in 1998. The library offers vital support for teaching, learning, and research activities of the College by disseminating knowledge and offering modern services to the academic fraternity. The college library is well equipped with close to 9000 textbooks, e-books, and research articles from e-journals, encyclopaedias, journals, and a variety of reading material. In addition, the college also subscribes to an online reading library. The library is normally open all weekdays from 8.30 a.m. to 5.30 p.m. except Sundays and government holidays.

Computer Lab

The college computer lab has systems for student use with internet and printing facilities. The lab is normally open all weekdays from 8.30 a.m. to 5.00 p.m. except on Government holidays. The college has Wi-Fi internet access for all students.

Psychology Lab

The college has multiple well-equipped Psychology labs to enable the students in learning and research. The psychology lab is an area where students can learn the use of various tests and assessments to be effective Psychologists. Specially designed assessment rooms provide students with the opportunity to conduct assessments in a standardized and conducive atmosphere.

Media & Journalism Lab

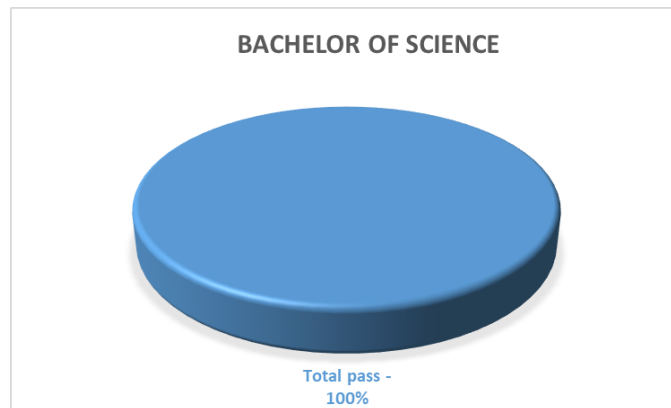
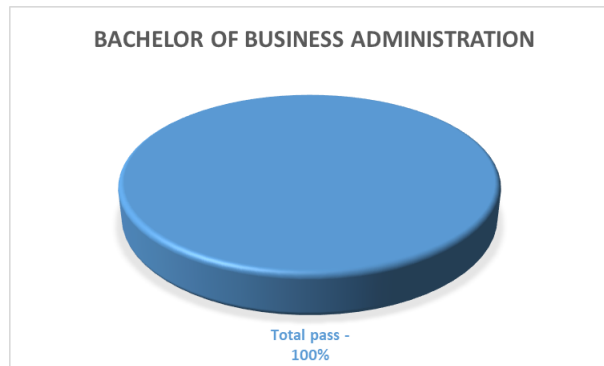
A designated Media & Journalism lab has been instituted on the college premises with active 24/7 news live-streaming available to the students. The lab also has newspaper editing software installed to be used for the creation of InDesign pages and newsletters as part of the professional development of the students. The lab boasts effective music systems, radio equipment and cameras to prepare students for a broadcast career in the future.

ACADEMIC PERFORMANCE

For the academic year 2022-24, the results of M.Sc. Counselling Psychology, M.Sc. Psychology and B.A. Psychology, Journalism are yet to be announced by Bengaluru North University. The results of only the B.Com, BBA, and B.Sc. are presented below.

Result Abstract: 2024 (Batch 2022 - 2024)

Program	Bachelor of Commerce	Bachelor of Business Administration	Bachelor of Science	Bachelor of Arts
No. of students appeared	8	3	7	Result yet to be published
Total Pass	5	3	7	
Percentage	63%	100%	100%	



Program	Bachelor of Commerce	Bachelor of Business Administration	Bachelor of Science	Bachelor of Arts
First Class Exemplary	4	1	6	Result yet to be published
First Class Distinction	1	2	1	



MONTFORT
COLLEGE

A PREMIER INSTITUTE IN UG & PG PROGRAMS
Affiliated to Bengaluru North University

RANK HOLDER OF 2021-23 COUNSELLING PSYCHOLOGY



Kodhai B Narayanan
1st Rank



Neekita Baid
5th Rank



Lizbeth Sabu Koduvana
2nd Rank



Thejaswini Kayargadde
4th Rank



Khushi M Sanghani
3rd Rank



MONTFORT
COLLEGE

A PREMIER INSTITUTE IN UG & PG PROGRAMS
Affiliated to Bengaluru North University

RANK HOLDER OF 2021-23 PSYCHOLOGY



Swarnima Bhandari
1st Rank



Varsha M S
5th Rank



Hrithika Mishra
2nd Rank



Shivangee Gupta
4th Rank



Sonia Amit Patwardhan
3rd Rank

CO-CURRICULAR ACTIVITIES

Bridge Courses:

A bridge course was conducted for the UG students from **10th July 2023** to **14th July 2023**, to give them supplementary knowledge that can be provided to impart basic knowledge in them about the advanced subjects that will be taught to them in the upcoming future. The following courses are conducted for bridge courses.

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

A bridge course was also conducted for the PG students from **9th October 2023** to **26th October 2023**, which was offered online due to the delayed start in PG classes by Bengaluru North University. The course was aimed at helping first-years begin the process of introspection and personal/professional development as they entered the field of Psychology. The course consisted of 4 sessions conducted by the faculty of the college across a variety of topics such as

- Professionalism
- Stereotyping and biases
- Marginalisation
- Intersectionality
- Understanding the care gap

Value Added Course (VAC):

A VAC was offered to students during the academic year 2023-24 on **Business Communication**. This program was 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. It had a minimum of 30 hours of direct teaching including detailed evaluation. The 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.

Capacity Building Programs

Name of capability enhancing program	Number of students enrolled	Guest Speaker and Workshop Animator
Soft skills: 5W and 1H News Reporting	12	Mr. John Thomas, Governing Council, Montfort College
Soft skills: Psychodrama Workshop	45	Dr. Jochen Becker Ebel, Founder, Vedadrama
Soft skills: Addressing Practice Issue in Counselling	30	Dr. Clyde Murthy, Mental Health Consultant, Singapore
Soft skills: Qualitative Data Analysis	108	Dr. Anuradha Sathiyaseelan, Professor, Dept. of Psychology, Christ Deemed to be University, Bangalore
Soft skills: Being a Competent Beginning Therapist	25	Ms Anshita Baruah, Counselling Psychologist & Hypnotherapist,
Soft skills: Assessment of Neurodevelopmental Disorders	28	Ms. Reshma Krishnan, Clinical Psychologist, NIMHANS
Soft skills: Group Therapy Workshop	40	Sr. Berni, Mr. Thomas Jacob, Ms. Shreya Giriya & Ms. Princy Jain
Life skills: Talk on Dealing with Grief and Loss	193	Dr. Elizabeth Daniel, Adjunct Professor, NIMHANS
Life skills: Talk on Dementia	193	Ms Ramani Sundaram, Deputy Director, Nightingales Medical Trust Ms Vipanchika P, Psychologist & Operations Manager, DIA
Life Skills: Investment Planning Workshop	60	Mr. Kishore D.S, CEO and Co-Founder, Stock Market Institute and Stockbyte
Life Skills: Session on Personal Development	40	Mr. Sabu John, Assistant Professor, Christ University (Delhi Campus)
ICT/Computing Skills: Securing The Digital Frontier: Cybersecurity Workshop	71	Dr. Kalaiselvi K, Assistant Professor, Kristu Jayanthi College

Case conferences

As part of their course work, third and fourth-semester PG students present the cases of the clients they see during practicum. These cases include the client's case history, mental status examination, diagnosis, case conceptualization and treatment plans. At these conferences, participants are encouraged to have active discussions in order to further their learnings.

In the year 2023-24, **20 such case conferences** were conducted, with a total of **40 students** presenting cases to their peers. The sessions were well-received by the students and showcased their professional skills to formulate and plan treatment for various clinical/counselling cases.

INTERNAL QUALITY ASSURANCE ACTIVITIES

IQAC plays its role in preparing several events and programs. During the year 2023-24, the following activities were conducted:

1. A one-day symposium was organised on 'Pedagogies in Psychology: Evolution, Innovation and Praxis' for the Psychology fraternity. Eminent national and international level speakers were a part of the symposium.
2. A faculty development program on Teaching Learning practices was conducted for faculty.
3. Bridge courses were conducted for UG students as an IQAC Initiative to bridge the gap between learning from PUC to UG for the first-year students.
4. Peer feedback mentoring was conducted by the IQAC for UG faculty which is a regular practice at the college.
5. A session on Outcome-based Education was conducted for the UG faculty to understand Bloom's Taxonomy.

FACULTY DEVELOPMENT

FACULTY WHO ATTENDED REFRESHER / ORIENTATION / FACULTY DEVELOPMENT PROGRAM

Name of the Faculty	PROGRAMME	DURATION
Dr. Vittal Talavar	Kannada Sahitya: Chintana- Manthana	19.11.23 to 24.11.23
Dr. Sritha Sandon	Leadership Seminar for Higher Education Leaders, Christ University Higher Education Leadership Institute (CUHELI)	27.11.23 to 30.11.23
Dr. Sritha Sandon	Creating Emotional Playgrounds: Nourishing Flourishing Children and Youth	22.12.23
Dr. Zubaida Anwar	National Education Policy	10.01.24 to 12.01.24
Ms. Kusum Yadav	Synergising Industry 5.0 and Responsible Growth - A Pathway to Global Innovations	9.02.24
Ms. Sneha Ghosh Ms. Kusum Yadav Ms. Annu Kuriakose	Advanced Research Methodology and AI	18.03.24 to 23.03.24
Dr. Maxim Pereira Dr. Sritha Sandon	Navigating the Teaching-Learning Environments in HEI, Christ Deemed to be University, Kengeri Campus	01.04.24 to 07.04.24
Dr. Sritha Sandon	Advanced Research Methodology in Social Sciences, Christ Deemed to be University, Yeshwanthpur Campus	02.04.24 to 08.04.24
Dr. Vittal Talavar Dr. Zubaida Anwar	State Education Policy (SEP)	07.06.24
Dr. Zubaida Anwar	"Effective case study writing in Academic Excellence "	24.07.24
Mr. Yuvaraj	" Global Business Foundation Skills " by B.N.U at Mangalore Infosys campus	27.07.24 to 03.08.24
Dr. Vittal Talavar Mr. Yuvaraj H.	" Global Business Foundation Skills " by B.N.U at Mangalore Infosys campus	20.08.24 to 28.08.24

PUBLICATIONS BY FACULTY MEMBERS

Name of the Faculty	Paper Title	Journal Name	Year of Publication
Dr. Zubaida Anwar	Depiction of Business ethics and human values in National and international scenario	Madhya Bharti	2024
Ms. Atulya Mohan	Fostering Well-being through Positive Education: A Socio-Emotional Learning Intervention in Indian Students	INSPA Journal of Applied and School Psychology	2024
Dr. Zubaida Anwar	Harmony in Diversity- Fostering unity in workplace	AE International Journal of Multidisciplinary Research	2024
Dr. Zubaida Anwar	Naari aur samaj - mahadevi varma ki rachana ghar aur baahar ki paripekshya mein	Sangam	2024
Dr. Maxim Pereira	Content Validity of Teacher's Evaluation of Neurodevelopmental Delays (TEDD) Tool for Indian Preschoolers	Annals of Neurosciences	2024

Book Chapters, Books and Conference Proceedings

Name of the faculty	Title of the book/chapters published	Title	Title of the proceedings of the conference	Name of the conference	Name of the publisher
Dr.Vittal Talavar	Valmiki Vijaya	Veeragallugalalli Talavararu	-	-	Adikavi Maharshi Valmiki Prakashana, Rajanahalli.
Dr.Vittal Talavar	Shivasharaneyara Vachanagalu: Bahumukhi Aayamagalu	Mahila Vachanakarara Ashaya mattu Abhivakthi	-	-	Sahithya Sambhrama Prakashana, Bengaluru.
Ms. Annu Kuriakose	Harnessing AI, Machine Learning, and IoT for Intelligent Business	The Impact of AI-Driven Personalization on Consumer Behavior and Brand Engagement in Online Marketing.	-	-	Springer Nature

COLLABORATIONS AND LINKAGES

MoU SIGNED WITH DIFFERENT ORGANISATIONS

S.No.	Organisation	Date of MoU signed
1.	Antidote Metal Health	15.09.2020
2.	Arpita Foundation	23.10.2020
3.	Spastic Society	04.06.2022
4.	Vedadrama	11.10.2022
5.	Surana College	25.01.2023

ACTIVITIES CONDUCTED UNDER MoU

Organization Name	Activity conducted as part of MOU
Sacred Heart Girls' High School	Internship
SMSG Jain PU College	Internship
Spastics Society	Faculty Exchange
Surana College	Internship
Alternative Story	Internship
Sophia School	Internship
Infant Jesus School	Internship
St. Aloysius College	Internship
Fusco's School	Internship
St. Anne's Degree College for Women	Internship

COLLABORATIVE ACTIVITIES

Collaborative Activity between Montfort College and Unnati Skill Centre

The students of 2nd year MSc. Counselling Psychology Ms. Aathmika S, Ms. Angelin Thereas Jose, Ms. Anoushka Gupta, Ms. Badarishisha Khongwir, Ms. Hetvi Priyesh Sanghvi, Ms. Khyati Gala, Ms. Nishtha Gupta, and Ms. Sherin completed their internship at Unnati Skill Centre from June to August 2024 through conducting workshops on topics related to counselling, mental health, communication and interview skills, interpersonal relations, and stress management.

Collaborative Activity between Montfort College and St. Joseph's University

Ms. Angelin Thereas Jose, a student of 2nd year MSc. Counselling Psychology completed an internship at St. Joseph's University from January to August 2024. She offered counselling services to 10 UG students and has conducted group sessions on counselling, stress management, and interpersonal management.

Collaborative Activity between Montfort College and St. Joseph's High School

Students of 2nd year MSc Counselling Psychology Ms. Aakrithi Chopda, Ms. Angeli Thereas Jose, Ms. Athena Esther Philip, Ms. Chaitanyaa, Alwarappan K, and Ms. K. Kannaki completed their supervised internship at St. Joseph's High School from June to August 2024. They offered counselling services to over 150 students and have conducted group sessions and career assessments.

Collaborative Activity between Montfort College and St. Claret PU College

Ms. Jinita George and Ms. Sherin Joji of 2nd year MSc Counselling Psychology did their supervised practicum and internship at St. Claret PU College from June to August 2024. They offered counselling services, conducted group sessions, and also collaborated with their mental health club to promote their activities.

Collaborative Activity between Montfort College and St. Anne's Pre-University College (Composite)

Two students of MSc Counselling Psychology, Adani James Bashena and Genevieve Marie Fernandes completed their internships at St. Anne's Pre-University College from January-March 2024 and July-August 2024 respectively. They offered counselling services to the students.

Collaborative Activity between Montfort College and St Anne's First Grade College for Women

Ms. Muskan Kaur Chopra and Mrs. Diana Passanah of 2nd year MSc. Counselling Psychology did their supervised practicum at St Anne's First Grade College for Women from January to August 2023. They offered counselling services and group sessions to undergraduate and postgraduate students.

Collaborative Activity between Montfort College and St. Anne's Degree College for Women

Adani James Bashena of 2nd year MSc. Counselling Psychology did his supervised practicum and internship at St. Anne's Degree College for Women from 3rd April to 13th April, 2024, on Wednesdays and Saturday, from June to June 2024 and has offered counselling service.

Anoushka Gupta of 2nd year MSc. Counselling Psychology did her supervised practicum and internship at St. Anne's Degree College for Women in the month of June by offering counselling services.

Collaborative Activity between Montfort College and St. Anthony's Public School

A student of 2nd year MSc Counselling Psychology, Adani James Bashena completed his supervised practicum and internship at St. Anthony's Public School from January to February 2024. He offered counselling services.

Collaborative Activity between Montfort College and Sophia High School

Ms. Riya Mary Mathew and Ms. Netra Ramesh Rao of 2nd year MSc. Counselling Psychology did their supervised practicum and internship at Sophia High School from June to August 2024. They conducted group sessions on 'Effective leadership and 'Bullying' to various student groups.

Collaborative Activity between Montfort College and SMSG Jain PU College

Ms. Aakrithi Chopda, Ms. Athena Esther Philip, Ms. Chaitanyaa Alwarappan K, and Ms. Rashmi Hannah James (2nd year MSc. Counselling Psychology) did their supervised internship at SMSG Jain PU College from June to August 2024. They offered counselling services and conducted group sessions.

Collaborative Activity between Montfort College and Sacred Heart Girls High School

A student of 2nd year MSc Counselling Psychology, Ms. Anoushka Gupta did her supervised practicum and internship at Sacred Heart Girls High School from July to August 2024. She offered counselling services to students and conducted group sessions on Interpersonal Relationships, Boundaries and Basics of Counselling for various student groups.

Collaborative Activity between Montfort College and R V Girls High School

Ms. Vedashree Musty of 2nd year MSc. Counselling Psychology did her supervised practicum and internship at R V Girls High School from June to August 2024 through counselling services and group sessions on Goal Setting, Healthy Competition, Time Management, Leadership, Peer Equality and Mental Health for various student groups.

Collaborative Activity between Montfort College and Mindew Healthcare

2nd year MSc. Counselling students Ms. Riya Mary Mathew and Ms. Netra Ramesh Rao did their supervised practicum and internship at Mindew Healthcare from July to August 2024. They offered counselling services to geriatric population, conducting assessments under supervision, and observing cases.

Collaborative Activity between Montfort College and Madonna School

Two students of 2nd MSc Counselling Psychology, Ms. Carmen Lalrindiki and Ms. Genevieve Marie Fernandes did their supervised practicum and internship at Madonna School from June to August 2024. They provided counseling services to students.

Collaborative Activity between Montfort College and Jyoti Nivas Autonomous College

Ms. Aishwarya Jayan Menon and Ms. Anoushka Gupta (2nd year MSc. Counselling Psychology) did their supervised practicum and internship at Jyoti Nivas Autonomous College from July to August 2024. They rendered individual counselling services to students and also attended and participated in group workshops on drug use prevention and psychological effects, and the benefits of counselling services.

Collaborative Activity between Montfort College and Himalaya Wellness Company

Students of 2nd MSc Counselling Psychology Ms. Shivganga M.S, Ms. Nidhi Gadiya and Ms. Bhavya Mewara completed their supervised practicum and internship at Himalaya Wellness Company from June to August 2024. They offered counselling services to employees. They also worked with the CSR Department of the company.

Collaborative Activity between Montfort College and Activity conducted St. Germain Academy

Ms. Shivganga M.S, Ms. Nidhi Gadiya and Ms. Bhavya Mewara of 2nd year MSc.Counselling Psychology did their supervised practicum and internship at St. Germain Academy from June to August 2024. They provided counselling services and conducted group sessions for student groups.

Collaborative Activity between Montfort College and Diya Foundation

Three students, Ms. Anoushka Gupta, Ms. Genevieve Fernandes, and Ms. Hetvi Sanghvi of 2nd year MSc Counselling Psychology did their supervised practicum and internship at Diya Foundation from January to February 2023. They rendered counselling services to adults, conducted group sessions and engaged in activities like dance sessions.

Collaborative Activity between Montfort College and Cherith Brook Counselling Center

Ms. Rashmi Hannah James of 2nd year MSc. Counselling Psychology did her supervised practicum and internship at Cherith Brook Counselling Center from June to August 2024. She provided counselling services, conducted group sessions and group counselling sessions.

Collaborative Activity between Montfort College and Carmel English High School

2nd year MSc. Counselling Psychology students Ms. Anoushka Gupta, Ms. Disha Alva, Ms. Genevieve Fernandes, and Ms. Hetvi Sanghvi completed their supervised practicum and internship at Carmel English High School from February to April 2024. They visited and offered counselling services to students and conducted group sessions.

Collaborative Activity between Montfort College and Ashraya Centre for Learning

Ms. Hetvi Sanghvi of 2nd year MSc. Counselling Psychology did her supervised practicum and internship at Ashraya Centre for Learning from June to August 2024. She provided counselling and behavioural therapy services to students as well as parents. She also conducted group sessions.

Collaborative Activity between Montfort College and The Alternative Story

Two students of 2nd year MSc. Counselling Psychology, Ms. Geetha Rajini G and Ms. Diya Bhojnagarwala, did their supervised practicum and internship at The Alternative Story from June to August 2024. They offered counselling services to self-volunteered clients of different age groups.

EXTENSION AND OUTREACH ACTIVITIES

Talk on Menstrual Health and Hygiene

A talk was organised on 14th December 2023 for all UG & PG female students on the topic of 'Menstrual Health and Hygiene', in collaboration with Campus Konnect. The session was conducted by Ms. Archana Singh and included a mix of activities and information sessions.

Launch of Montfort Outreach Program

As part of its Community Outreach Programme, under the guidance of Br. Victor Raj, the Montfort Outreach Program was launched at the Ambedkar Nagar slum, Byappanahalli, by the college. The event was coordinated by Dr. Shambhavi G & Mr. Yuvaraj and was conceived as part of the silver jubilee celebrations at Montfort College to adopt a community and create awareness about physical and mental wellbeing.

Traffic Awareness Program

As part of the Road Safety Awareness Month, a session on Traffic Awareness was conducted on 25th January 2024 by the Traffic Police Station, Jeevan Bhima Nagar, Bangalore. During the session, Mr. Venkatachalapathy, Inspector, Traffic Police Station, Jeevan Bhima Nagar expounded on the need to drive safely in the interest of oneself, the family and the nation.

Exposure visit for Anugraha Institute of Social Sciences, Dindigul

As part of its continuous endeavour to provide exposure to students across the country, Montfort College welcomed 20 third semester MSc. Counselling and Psychotherapy from Anugraha Institute of Social Sciences, Dindigul on 18th July 2024 for an exposure visit. The visit included a tour of the campus and two knowledge sessions by Dr. Shambhavi G, Assistant Professor & IQAC Coordinator and Dr. Maxim Pereira, HoD, Dept of Psychology

Community Outreach - Hygiene Kits for Underprivileged Women

A community outreach activity was organized on 18th August 2024 to distribute hygiene kits to women of underprivileged areas, contributed by the students of Montfort College in collaboration with GiveWay Foundation. The activity also included an information session on the importance of hygiene and the usage of various products that were being distributed.

NSS Swachhata Abhiyan

The National Service Scheme Unit of Montfort College organized 'Swachhata Abiyana, a special cleanliness drive under the 'Swachh Bharat Abhiyan', on 1st October 2024. This initiative was in line with Gandhiji's vision of a clean and self-sustained India, promoting the values of cleanliness and hygiene .

PLACEMENT

The Placement Cell conducted several talks and workshops over the course of the year to improve the employability of the students. A total of 14 students were placed in the academic year 2023-24. In addition to the students directly placed through campus placements, the placement committee regularly shared job vacancies at various organizations throughout the year with the graduated students. students also applied directly to the vacancies and appeared for interviews through the college reference.

OBSERVANCE OF COMMEMORATIVE DAYS

Gandhi Jayanthi

Celebrations for Gandhi Jayanthi were jointly organised by the departments of Hindi and Journalism on 3rd October 2023. The event consisted of a clean-up drive organised by students across the campus along with public information campaigns and faculty information sessions.

World Mental Health Day

Aligning with the global observance of World Mental Health Day, the Department of Psychology, along with the WEVOLVE club organised a program on 10th October 2023. The activities of the program were geared towards raising awareness about mental health through the performance of a street play, dance performances, poetry recitations, visual art and insightful talks by both students and guest speakers.

Karnataka Rajyotsava

As part of its Karnataka Rajyotsava celebrations, Montfort College organised a session on 3rd November 2023 to commemorate the 68th anniversary of the establishment of the state. The event included speeches by the faculty and a short film by the students on the importance of the day, along with song and dance celebrations for the students.

Wildlife Conservation Day

To commemorate Wildlife Conservation Day, the Eco Club at Montfort College organized an awareness program on 4th December, 2023 centered on the theme of Endangered Species to raise awareness, reflect, and act against threats facing endangered fauna and flora globally.

Communal Harmony & National Integration Day

Montfort College celebrated Communal Harmony & National Integration Day with an event on 7th December 2023 to strengthen the core values of diversity and unity as espoused by the nation. The event included the screening of a video along with a student skit on the topic in addition to addresses by the faculty.

National Constitution Day & Human Rights Day

As part of its National Constitution Day celebrations, Montfort College organised a guest lecture by Fr. Antony Das S.J., vice president of the Indian Social Institute on 13th December 2023 for its 2nd year M.Sc. Students. The event also included a screening of a video by UG students detailing the public view on the right to equality for women through various interviews.

Makara Sankranti

Montfort College celebrated Makara Sankranti and Pongal on 12th January 2024 with a live preparation of pongal followed by information sessions on the significance of the festival. The observance also included several informal activities for students and faculty such as sugarcane peeling and pot-breaking.

Ambekar Jayanti

The 133rd Ambedkar Jayanti was celebrated by the Center for Social Activities at Montfort College on 18th April 2024. The event was conceived to honour the legacy and contributions of Dr. B.R. Ambedkar and saw students gather for a rally with placards showcasing articles from the Constitution. A session was also conducted to raise awareness for voter's rights.

International Yoga Day

Montfort College observed International Yoga Day on 27th June 2024 with a session in the auditorium that included a speech extolling the virtues of performing yoga, followed by a yoga session conducted by a faculty instructor.

EXTRA-CURRICULAR ACTIVITIES

Onam Celebration

Onam, the vibrant festival of Kerala, was celebrated with great zeal and zest at Montfort College. The event organized by the cultural committee, brought together students and faculty to celebrate Kerala's rich traditions and culture. Students and faculty dressed in ethnic Kerala attire prepared Pookkalam, performed Thiruvathira dance, and participated in games. The event concluded with the distribution of Payasam.

Christmas carnival

Montfort College celebrated Christmas carnival, from December 18-22, 2023. It brought together students, faculty, and staff to mark the festive season. The event offered a variety of activities including setting of food stalls, exciting games, carols, and performances, fostering a strong sense of cohesion and celebration among the members of Montfort.

Intercollegiate competition Sri Deva Raja Urs Institute of Management

Bengaluru North University Organized inter-collegiate Men's football tournament on February 03-04, 2024. The event was organized by Sri Deva Raja URS Institute of Management. Montfort College sent a team of 14 students who enthusiastically participated in the event.

Synergia-Intra collegiate PG Fest

Synergia, Montfort College's annual intracollege PG fest, was held on February 23, 2024. Organized by the Literary and Cultural Committee there were offstage and onstage events like photography, painting, dance, music, debate, poetry, and proscenium theatre. A highlight of the event was the Bharatanatyam performance by Anil V. Iyer, an alumnus of Montfort College. The event concluded with a valedictory ceremony.

St Joseph's University Intercollegiate Sports Competition

St. Joseph's University hosted an intercollegiate sports competition on March 25, 2024. A team of 17 students from Montfort College in events such as carroms and football. The event allowed our students to showcase their sportsmanship and competitive spirit.

Zeal- Intercollegiate UG Fest

The annual intercollegiate UG fest of Montfort College, Zeal, was held on April 29-30, 2024. The event witnessed competitions in various forms of dance and vocal performances. Performances by the UG faculty members and Mr. Kumar, the physical education and dance trainer of the college, entertained

the audiences. There was a valedictory ceremony to honour the participants and winners.

‘Samarang’: Colours of Tradition

The Student Council hosted Ethnic Day on June 07, 2024, celebrating the richness and diversity of different cultures. There were stalls, an open mic event, and ethnic ramp walk. the event concluded with a games

Treasure Tournament—Intercollegiate Sport Day

Treasure Tournament-24, the intercollegiate sports day, was hosted by Montfort College on July 01, 2024 on the campus. Organized by the Student Council, there were house-wise competitions. The event commenced with an inaugural ceremony, followed by sports and games. There was a valedictory session in the end.

Kristu Jayanti College- - Intercollegiate Sport Competition (Basketball)

Kristu Jayanti College hosted an intercollegiate men’s basketball tournament on September 12, 2024. The team of 10 students from Montfort College presented tough competition to its rivals. Our students thoroughly enjoyed and participated in all rounds.

ALUMNI

Montfort College had an Alumni Association right from its first batch of graduate students. The association aims to create a powerful network to facilitate the college as well as support the students and the society at large. The association has a governing body consisting of President Ms. Sneha Menon, Mr. Maxim Pereira as Vice President, Ms. Anette Shaju as Secretary and Ms. Visalakshi as Joint Secretary.

Following its 25th anniversary celebrations, the college focused on strengthening alumni engagement to support institutional growth. A significant event featured a panel discussion on trauma and therapy, beginning with Dr. Vanaja's talk on Trauma and Relational Gestalt Therapy. This was followed by a round table moderated by Ms. Sritha Sandon, with speakers like Dr. Sudharshan H.L. on AI in therapy, Ms. Ann Treesa Rafi on reflective spaces, Mr. Paras Sharma on trauma and intersectionality, Ms. Simaran Chatha on emotion-focused couple therapy, and Mr. Varun Kaul on professional issues in counseling. These discussions provided valuable insights into trauma-informed care and modern therapeutic practices. Montfort College continues to foster strong alumni relationships, which play a crucial role in its growth and excellence.

CONCLUSION

As Montfort College continues its path towards excellence and the holistic development of its students, it is committed to making impactful contributions across the fields of science and humanities. The college is grateful to all those who have contributed to the success of the academic year and will endeavour to reach greater heights in the near future. Montfort College remains focused on embodying its core values and leading with its motto of 'Liberation with Enlightenment'.