

MONTFORT INSTITUTE OF ADVANCED STUDIES

Secretary – **Dr. Bro. Mathew Pannathanath**

1. Introduction

- **Name of the Trust:** Montfort Institute of Advanced Studies
- **Year of Establishment:** 2007
- **Brief background of the Society:**

Montfort Institute of Advanced Studies is managed by the Montfort Brothers of St. Gabriel, A Christian Religious Congregation educating and empowering the youth and the marginalized, in the footsteps of St. Montfort.

Montfort Brothers of St. Gabriel is part of the worldwide Montfortian family founded by St. Louis Marie Grignon de Montfort in France in the early period of the 18th Century. Currently, the Montfort Brothers manage over 175 educational and career-oriented institutions in India, and Montfort Institute of Advanced Studies is a proud member of this global family.

- **Number of Institutions under the Society:**
 - o PG – One

2. Vision and Mission

Vision: Promoting Holistic Growth and Development towards attaining personal liberation and enlightenment.

Mission: Providing Holistic Education and Training for aspiring Mental Health Professionals.

3. Society Activity Report

Montfort Institute of Advanced Studies (MIAS), established in 2007 by the Montfort Brothers and affiliated with Martin Luther Christian University (MLCU), Shillong, offers postgraduate and M.Sc. programmes in Counselling Psychology. These programmes prepare students for counselling roles in community, school, family, private, and organizational settings. Since 2019, MIAS has been an accredited academic partner of MLCU. The institute emphasizes professional competence, personal development, and a supportive, family-like learning environment.

Montfort Institute of Advanced Studies (MIAS)

BANGALORE – 560038 –

Overview

Montfort Institute of Advanced Studies (MIAS), run by the Montfort Brothers of St. Gabriel, promotes education and community development based on Christian values. In partnership with Martin Luther Christian University, it offers MSc and PG Diploma programmes in Counselling Psychology, focusing on practical training, ethical practice, and student-centred learning to develop skilled, compassionate mental health professionals.

Key Highlights of the Year - During the reporting period, MIAS enhanced its counselling psychology initiatives through academic programmes and outreach. Activities included suicide prevention events, an online mental health talk series, and specialised training in crisis counselling, trauma care, and clinical hypnosis. Students also gained hands-on experience through field visits, practicum training, and internships.

Mental Health Awareness and Community Outreach - MIAS promoted mental health awareness during World Suicide Prevention Awareness by encouraging open dialogue, reducing stigma, and emphasizing timely support. A three-day online talk series featured experts discussing interpersonal abuse, adverse childhood experiences, and emotional regulation, helping participants recognize distress, build resilience, and manage stress.

Academic and Professional Development - MIAS organized several academic programs to strengthen students' counselling skills. These included a seminar on suicide and violence focusing on crisis intervention, ethics, and prevention, along with training in trauma-informed care, emotional regulation, and self-care. A session on clinical hypnosis by Dr. David Paul Smith further expanded their understanding of therapeutic approaches, enhancing their professional preparation.



Field Exposure, Internship and Practicum - Experiential learning is central to training at MIAS. Students visit organizations such as Nightingales Trust, Arpita Foundation, Medico Pastoral Association, NIMHANS, and Little Sisters of the Poor Orphanage to observe counselling practices and understand mental health services.

Postgraduate Diploma in Counselling Psychology students also complete a mandatory 120–140 hour internship across hospitals, schools, NGOs, and rehabilitation centres. Practicum begins in the second semester with regular supervision, helping students build practical skills and reflect on their experiences.

Conclusion: The Trust is dedicated to quality education, professional training, and community engagement in mental health. MIAS integrates academic learning with practical experience to develop responsible counselling professionals, while aiming to expand programs, increase awareness, and build partnerships to support community well-being.





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