

**Minutes of BOS Meeting – Department of Psychology,  
Vivekanand Education Society’s College of Arts, Science & Commerce**

Date: 10<sup>th</sup> August, 2022

Time: 03:00 pm to 04:10 pm

**Agenda: Discussion of proposed changes in the Syllabi for (Sem 3), Under-graduation and Post-graduation along with Evaluation Pattern for Academic Year 2022-23**

Meeting was conducted online through Google meet.

Number of Participants who attended the meeting:

Dr. Neeta Mehta (V.C. Nominee)  
Prof. Rajani Konantambigi (Subject Expert)  
Dr. Mrinmoyi Kulkarni (Subject Expert)  
Ms. Asira Chirmuley (Alumnus)  
Ms. Aarohi Khar (Head & BOS Chairperson)  
Dr. Radhika Mohan (Faculty Member, BOS)  
Ms. Nisha Karamchandani (Faculty Member, BOS)  
Ms. Shrinkhla Pandey (Faculty Member, BOS)  
Ms. Bharavi Vishwasrao (Faculty Member, BOS)

Dr. Avinash D’Souza was not present in the meeting.

The BOS Meeting began with a welcome address, followed by introduction of the members of the Board of Studies (Department of Psychology), addressing retirement of Dr. Gayatri Balasubramanian, and introduction of newly appointed members of the department by Ms. Aarohi Khar (Chairperson, BOS and HOD, Department of Psychology)

Ms. Aarohi Khar (Chairperson, BOS and HOD, Department of Psychology) briefed about the previous BOS meeting discussion points and agenda for this meeting. Ms. Nisha Karamchandani (Faculty Member, BOS) was requested to discuss proposed changes in M.A Psychology syllabi.

Using PPT presentation, proposed changes were explained (having old syllabus on one side of the PPT and newly proposed syllabus on the other side in red colour).

Ms. Nisha Karamchandani (Faculty Member, BOS) stated that for the coming academic year (2022-23) we will be offering Counseling as well as Clinical Psychology as a specialisation.

Ms. Nisha Karamchandani shared SEM III core/elective courses details and stated that practical components will differ according to the specialisations. Discussion started with SEM III elective courses VESPAPY301A- Assessment in Clinical Psychology and VESPAPY302A- Psychopathology across Lifespan, VESPAPY303A- Psychotherapy; no changes in the syllabi were proposed for these courses.

Ms. Asira Chirmuley (Alumnus) was requested to present for next courses. She started with an elective course VESPAPY304A- Advanced skills and processes of Counseling and Psychotherapy. Only one change was proposed in Unit I C) Component. Instead of characteristics of effective counsellor/therapists, Personal Counseling and continuing professional development was proposed with a rationale that characteristics of effective counsellor/therapists is already covered at TYBA level and learning more about personal counselling and continual developments that happen through research is necessary. For Unit II, III and IV no changes were proposed.

Dr. Neeta Mehta (V.C. Nominee) agreed on the reasons, suggested more points to be added than what is covered at TYBA level (Gladding Book).

Prof. Rajani Konantambigi (Subject Expert) suggested supervision for budding counsellors is important. Students can get first-hand learning opportunity through working/interning as an observant, or assistant to therapists. She also asserted that Personal Counseling is a good addition where subject teacher can also cover biases in counseling, ethical issues, etc.

On this suggestion, Ms. Asira Chirmuley (Alumnus) responded by considering different aspects of supervision and explained about activity that she does on ethical dilemma with students while teaching these topics.

Dr. Radhika Mohan (Faculty Member, BOS) also asserted that at TYBA level micro-skills are covered deeply through various activities.

Dr. Neeta Mehta (V.C. Nominee) also highlighted importance of experiential learning. Upon which Ms. Asira Chirmuley (Alumnus) explained the methodology through which internal assessment for Unit I is conducted. Students engage themselves in peer counselling – practicing the counseling micro-skills and submitting audio tapes as a part of Internal assessment. Finally, all the BOS members approved the proposed changes in Unit I C) component.

Ms. Asira Chirmuley (Alumnus) moved to the next course which was VESPAPY305A- CBT and REBT: Basics and Applications. Multiple changes were proposed for this course. In Unit I b) and d) instead of Schema focused Therapy, identifying automatic thoughts, intermediate beliefs, core beliefs were proposed and instead of identifying core beliefs and emotions were replaced by evaluating and responding to automatic negative thoughts. In Unit III b), c), and d) changes were proposed. Didactic techniques were replaced by cognitive change strategies; vivid methods were replaced by Evocative; Imaginal Changes and behavioural homework were replaced by behavioral change strategies. Unit IV a) an addition in terms of specifications about application of CBT and REBT was done. All the changes were approved by the BOS members.

Ms. Nisha Karamchandani (Faculty Member, BOS) took over the presentation discussing VESPAPY306A Practical/Field work Component, stating no change in the syllabus.

The next Course was VESPAPY301B- Assessment in Counseling Psychology. One change and one reframing was proposed in Unit II b) and d). Instead of MAB (Multi-axial Aptitude battery) David Battery of Differential Abilities (DBDA) was proposed considering the updating required in applied tools. For Unit II d) Ms. Nisha Karamchandani (Faculty Member, BOS) stated that assessment of children with learning disabilities is not done (will be too extensive) instead students are merely oriented towards the way assessment of children with learning disabilities is done. Hence, a change in the terminology for this topic was proposed.

No changes were proposed for VESPAPY302B- Counseling Across the Lifespan addressing special Groups and VESPAPY306B- Practicum in Counseling Psychology: Assessment, Counseling Interventions and management of Clients courses.

Ms. Nisha Karamchandani (Faculty Member, BOS) briefly explained the evaluation pattern for post-graduation courses, and proposed no changes in the same.

All the proposed changes in the M.A. Counseling/Clinical Psychology courses were approved by the BOS members.

After this Ms. Aarohi Khar (Chairperson, BOS and HOD, Department of Psychology) initiated discussion on under-graduation courses.

She started with VESUAPY301 Social Psychology Part I. No changes were proposed, only addition in terms of classroom activities for experiential learning were proposed in Unit II d) e), Unit III d), and Unit IV e) f). All the BOS members agreed that classroom activities can be truly beneficial. Prof. Rajani Konantambigi

(Subject Expert) suggested a new topic, 'Communication and Change' on which Dr. Radhika Mohan (Faculty Member, BOS) responded positively by considering it.

For VESUAPY302 Developmental Psychology Part I no changes were proposed.

After this VESUAPY3A1 Health Psychology Part I was discussed. Ms. Aaroohi Khar (Chairperson, BOS and HOD, Department of Psychology) proposed changes in the Unit 1 A and B sections. Instead of the mind-body relationship and what is health psychology training for, and venues for health-habit modification; What is Indian Health psychology was proposed with a rationale that these topics were getting repeated in some other subtopics and it is important that students understand health psychology from an Indian perspective too.

BOS members agreed on the rationale of proposed change but suggested reframing of this topic.

Dr. Neeta Mehta (V.C. Nominee) suggested 'Place of health Psychology (Field) in Indian Context as a name of this topic. Dr. Mrinmoyi Kulkarni (Subject Expert) suggested a reference book (Details are with Ms. Asira Chirmuley) and inclusion of research papers as one of the materials for this course. Ms. Aaroohi Khar (Chairperson, BOS and HOD, Department of Psychology) welcomed these suggestions and agreed to consider these points and make necessary changes (reframing).

Only one addition in the Evaluation criteria of Counseling Psychology course was proposed by Dr. Radhika Mohan (Faculty Member, BOS). In Sem V and VI Internal Assessment, experiential learning can be added where students practice Counseling micro-skills, video-tape these practice sessions and submit as an assignment. Dr. Neeta Mehta (V.C. Nominee) asserted that in SEM V students may not be able to practice these skills as they are exposed to this field of psychology for the first time at TYBA level. Upon which Dr. Radhika Mohan (Faculty Member, BOS) responded that in SEM V students can be active observers and SEM VI these micro-skills can be practiced. These additions were approved by the BOS members.

Ms. Aaroohi Khar (Chairperson, BOS and HOD, Department of Psychology) then moved to the evaluation criteria, she briefly explained previously approved Internal/external Evaluation Criteria.

One change was proposed for the PHBW course. This course is taught to TYBCOM students as one of the electives. The Commerce Department of VESASC has decided not to have 05 marks for attendance, instead have class test and assignment for 10 and 15 marks respectively. In order to adhere to this decision, alterations need to be made for the PHBW paper too. BOS members approved this change in evaluation criteria of the PHBW paper.

The meeting ended with the Vote of Thanks by Ms. Aaroohi Khar (Chairperson, BOS and HOD, Department of Psychology)

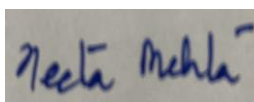
Ms. Aaroohi Khar  
Head & Assistant Professor  
Department of Psychology  
Mumbai - 400 071

Minutes of the meeting, 10th Aug, 2022, Approved with signatures:


Ms. Aaroohi Khar (Head & BOS Chairperson)-




Dr. Neeta Mehta (V.C. Nominee)

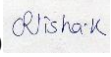


Prof. Rajani Konantambigi (Subject Expert)

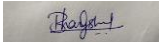
Dr. Mrinmoyi Kulkarni (Subject Expert) 

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Dr. Radhika Mohan (Faculty Member, BOS) 

Ms. Nisha Karamchandani (Faculty Member, BOS) 

Ms. Shrinkhla Pandey (Faculty Member, BOS)

Ms. Bharavi Vishwasrao (Faculty Member, BOS) 

DR. AVINASH DE SOUSA 

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Aarohi Khar is presenting

**Unit 4: Liking, Love and Other close relationships.**

a) Internal sources of liking others: The role of needs and emotions

b) External sources of attraction: The effects of proximity, familiarity and physical beauty

c) Sources of liking based on social interaction

d) Close relationships: Foundations of social life

e) What research tells us about dramatic differences in appearance between partners: Is love really blind?

f) What research tells us about two factors that may destroy love—jealousy and infidelity. (additional activities)

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Aarohi Khar

Rajani Konantambigi

Radhika Mohan

Asira Chirmuley

Aarohi Khar

Neeta Mehta

Shrinkhla Pandey

Bharavi Vishwasrao

You

Mrinmoyi Kulkarni has left the meeting

4:02 PM | wir-onfv-atb

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