

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

Date: 16th March, 2026

Time: 02:20 pm to 04:00

Agenda: Discussion of the Syllabi for Under-graduation for SEM I and Honours program SEM VII/MA SEM I.

The meeting was conducted online through Google meet.

Members Present:

Dr. Aarohi Khar (BOS Chairperson, HOD Psychology),
Ms. Sonal Jambhekar (VC Nominee),
Dr. Anuja Deshpande (Subject Expert),
Dr. Radhika Mohan (Faculty member, BOS),
Mr. Pritam Mahale (Faculty member, BOS),
Ms. Swara Shah (Faculty member, BOS),
Mr. Shrijit Iyer (Faculty member, BOS),
Ms. Anuja Marathe (Faculty member, BOS),
Ms. Labdhi Dedhia (Faculty member, BOS),
Ms. Asira Chirmuley (Alumnus)

Members Absent: Prof.L.Sam S. Manickam and Dr. Mrinmoyi Kulkarni (Subject Expert).

Opening Remarks:

The meeting commenced at 2:20 p.m. with Dr. Aarohi Khar, Chairperson of the Board of Studies and Head of the Department of Psychology, extending a warm welcome to all members. She introduced the attendees. Dr. Aarohi Khar (BOS Chairperson, HOD Psychology) outlined the agenda for the day, which focuses on the approval of the proposed syllabus for the First Semester of Undergraduate Program Arts (FYBA) and Semester VII for the Honours Programme, which is also going to be the syllabus for Semester I of MA in Psychology. The syllabus was presented to the members, and suggestions were invited throughout the discussion.

Presentation began with Ms. Swara Shah (Faculty member, BOS), for **major paper 1 - Psychopathology**, explaining the units in detail along with the major reference books that are DSM and Kaplan. She mentioned that certain topics, like schizophrenia, weren't included in the syllabus due to repetition. Ms. Sonal Jambhekar (VC Nominee), Dr. Anuja Deshpande (Subject Expert) and Ms. Asira Chirmuley (Alumnus), all three BOS members, approved the syllabus as 'good to go'.

Ms. Labdhi Dedhia (Faculty member, BOS), proceeded to present **Major Paper 2 - School and Career Counselling**. She explained that the entire paper was divided into two parts. The first 3

units were for School counseling and the 4th unit for Career counseling. After the explanation of all the units, the first suggestion for unit 3 - A: Working model in Indian School Counselling, came from Ms. Asira Chirmuley (Alumnus) to make the heading more specific. According to her, the heading was too general. She also suggested including specific models from Indian Psychology to have an Indian Context. The book recommended by her for reference was 'School Psychology in the Indian Context' by Dr. Panch. Ramalingam. It was conveyed by Dr. Radhika Mohan (Faculty member, BOS) that we have already included models for the same book in unit 1 and unit 2. The second suggestion came from Dr. Anuja Deshpande (Subject Expert). It was suggested that Unit 1 i.e, Guidance and Counselling in School Setting, and Unit 2, part B i.e, School psychologist roles and responsibilities, should be combined so that a space can be made in Unit 2 for something else. After making space in Unit 2, concepts like 'Art Therapy or ' Play Therapy could be added that will help in incorporating new ideas.

The third major paper was introduced by Mr. Shrijit Iyer. He gave a detailed description of **Applied Organisational Psychology**. Ms. Sonal Jambhekar (VC Nominee) suggested adding transformational leadership theory in Unit 1-B, as it is considered an important theory. It was then clarified by Dr. Radhika Mohan (Faculty member, BOS), whether there is a need to add both Transactional and Transformational theory. It was stressed by Ms. Sonal Jambhekar (VC Nominee) that both the theories are different and that only the Transformational Theory should be added in the syllabus. All three BOS members agreed on the rest of the syllabus. test

Major Course - IV of Experimental Psychology Practicals was discussed by Dr. Aarohi Khar (BOS Chairperson, HOD Psychology) after Indian Psychology. Dr. Aarohi Khar (BOS Chairperson, HOD Psychology) specifically asked for suggestions for Practicals based on the Indian Psychology paper. The suggestions then offered by the BOS members were exploratory in nature, acting as a foundation for further discussion rather than final directives. It was suggested by Ms. Asira Chirmuley (Alumnus) that it can be implemented as a group assignment where they will develop a worksheet based on certain texts like the Bhagwat Geeta. Dr. Aarohi Khar (BOS Chairperson, HOD Psychology) reflected on it by adding the idea of making students read a concept and extract it from certain Indian Texts. Dr. Anuja Deshpande (Subject Expert) recommended making students do something like mindfulness, meditation or working on an experiential method on someone else. She also mentioned adding a yoga session as a component. A question of how to score this whole process in practice was raised by Mr. Pritam Mahale (Faculty member, BOS). Continuing with Dr. Anuja Deshpande's (Subject Expert) Recommendation, Ms. Asira Chirmule (Alumnus) also suggested one more technique, such as Mind-body Meditation, a part of Mindfulness that goes well with Indian Psychology. Ms. Sonal Jambhekar (VC Nominee) also suggested designing a personality test - similarities and differences identification. Reflecting on that, Dr. Aarohi Khar (BOS Chairperson, HOD Psychology) also gave an input on comparing Western tests with Indian tests and assessing their difference. The session concluded with Ms. Asira Chirmuley (Alumnus) committed to a thorough review of the proposed syllabus. Furthermore, she will assist in refining the practical

modules, ensuring that they are academically accessible to students and standardised for formal evaluation

The next **Major Elective Paper of Indian Psychology** was discussed by Dr. Aarohi Khar (BOS Chairperson, HOD Psychology). A detailed description of all four units was given by Dr. Aarohi Khar (BOS Chairperson, HOD Psychology). During the presentation, Dr. Khar (BOS Chairperson, HOD Psychology) clarified that this course is a pioneer initiative for the department. She noted that it represents a new area of focus for the faculty. Main reference books were mentioned - Psychology in the Indian tradition by Pranjape. Ms. Asira Chirmuley (Alumnus) congratulated the department on this initiative. She specifically praised the faculty for their commendable work in designing a syllabus focused on Indian Psychology, highlighting it as a significant step forward for the program. A few suggestions were provided by her. Her first suggestion was about Unit 4B, i.e., Implication. She recommended adding a specification in the syllabus itself, as naming that unit 'Implication' becomes very general. She recommended adding specific pointers that will be covered in the lectures. She also suggested adding both Individual and Collectivistic Implications so that it will help understand the students it's application. Examples were also suggested by her - Implication in a corporate setting, an individual setting, etc. Ms. Asira Chirmuley (Alumnus) also suggested taking the Bhagwat Geeta and Psychotherapy, or taking any unit and creating worksheets on Indian Psychology for an assignment. Examples from her field work were also mentioned, such as Bhagwat Geeta and Journaling, Tools from Buddhism, Prayer Journal, etc.

A minor course for Research Methodology was presented by Ms. Anuja Marathe (Faculty member, BOS) and Ms. Swara Shah (Faculty member, BOS). The first two units, which were dedicated to Quantitative Research Methodology specifically, were explained in detail by Ms. Anuja Marathe (Faculty member, BOS). All three BOS members agreed on the syllabus on Quantitative Research Methodology. Unit 3 and Unit 4 of Qualitative Research Methodology were explained by Ms. Swara Shah (Faculty member, BOS). An important question of whether to introduce software for Qualitative Research was asked by Dr. Anuja Deshpande (Subject Expert). It was clarified by Ms. Swara Shah (Faculty member, BOS) that initially, the thought to include software like Invivo was considered. But later, through faculty discussion, it was concluded that the traditional method would be more suitable and would give more exposure to students. Even though this is the case, the option of introducing software was still stressed by Dr. Anuja Deshpande (Subject Expert), coming from the experience of doing the same thing for their students. Acknowledging the merit of this recommendation, Ms. Swara Shah (Faculty member, BOS) agreed to introduce the software by assigning students manageable tasks to build foundational proficiency. It was suggested by Dr. Anuja Deshpande (Subject Expert) that methods like tangulation must also be added to the syllabus. The addition of Cured theories was also recommended by Dr. Anuja Deshpande (Subject Expert). She also mentioned that she will share necessary information and references with Dr. Aarohi Khar (BOS Chairperson, HOD Psychology) for Cured Theories.

After reviewing the MA Semester I/Honours Degree VII syllabi, the committee moved on to the First Year (FY) Semester I curriculum. It commenced with Dr. Aarohi Khar (BOS Chairperson, HOD Psychology) explaining the format of the paper and briefly mentioning papers that have been retained and that have been changed. **Major course I, Fundamental Psychology Part I and Major course II, Health Psychology I, were retained as it is.**

The **Vocational Skill Course, i.e., The psychology of Self was** presented by Mr. Pritam Mahale. Primary reference book for this paper, 'Psychology for Living: Adjustment, Growth and Behaviour Today' by Steven Krish, Karen Duffy, and Eastwood Atwater, was also mentioned. A substantive inquiry was raised by Ms. Sonal Jambhekar (VC Nominee) regarding the specific nature of the activities to be integrated into the curriculum. In response, Mr. Mahale noted that the course would emphasise activities such as journaling to facilitate student self-awareness. It was also noted that specific activities are still being planned and yet to be finalised. Aarohi maam suggested that self-experience activities that help students reflect on themselves, like journaling, which will help them to link personal growth, activities like the Johari window, SWOT analysis, and personality tests, can be helpful. A valuable suggestion of referring to the chapter on self from the Social Psychology book by Baron to extract activities was given by Dr. Anuja Deshpande (Subject Expert). Dr. Aarohi Khar further clarified that these social-psychology topics are planned for the students' next academic year to ensure they learn in a step-by-step manner. After these deliberations, the BOS members unanimously approved the syllabus for this course.

The retained **Skill Enhancement Course I on Statistics in Psychology I** was also introduced by Mr. Pritam Mahale (Faculty member, BOS). Ms. Sonal Jambhekar (VC Nominee) suggested incorporating Excel-based calculations into the course to enhance the students' technical proficiency. Dr. Aarohi Khar (BOS Chairperson, HOD Psychology) clarified that as this is a foundational course, the primary focus will remain on core concepts. However, she noted that if time permits after the main syllabus is covered, students will be shown how to perform these calculations using Excel. Further, Dr. Anuja Deshpande (Subject Expert) inquired about the students' readiness for technical topics, such as bar graphs, which were mentioned by Mr. Pritam Mahale. She questioned whether students would have the necessary foundational knowledge before moving to these technical methods. Mr. Pritam Mahale assured the committee that, regardless of the explicit syllabus wording, students are always taught basic foundational concepts first to ensure they are prepared for more technical applications. Dr. Aarohi Khar (BOS Chairperson, HOD Psychology) confirmed to the Board of Studies (BoS) members that the syllabus document would be updated to clearly reflect this progressive teaching approach.

The **Open Elective Course for semesters I and II** for FYBA Psychology on **Psychology of Love and Relationships** was introduced by Mr. Shrijit Iyer (Faculty member, BOS). He

provided the rationale for the paper, explaining that the curriculum was designed to be developmentally relevant and engaging for students at this specific age. However, Dr. Anuja Deshpande (subject expert) and Ms. Sonal Jambhekar (VC Nominee) raised concerns regarding the overall purpose and academic scope of the paper. Specifically, Ms. Sonal Jambhekar (VC Nominee), Subunit F of Unit 2, which covered 'Divorce: Single-Parenting, and Remarriage', felt inconsistent with the rest of the syllabus and appeared out of place within the broader theme of the course. In response to these observations, Dr. Aarohi Khar (BOS Chairperson, HOD Psychology) sought clarification on whether the Board felt the paper required fundamental changes. It was emphasised that since this is an Open Elective intended for both psychology and non-psychology students, the content must be carefully calibrated. Following this discussion, both Dr. Deshpande and Ms. Jambhekar recommended a full review of the paper. To better align the course with its target audience, Ms. Jambhekar suggested renaming the title to 'Understanding Relationships in Adolescents and Youth.' Regarding the content of Unit 2, Dr. Deshpande proposed that topics could be reframed as 'Challenges in Relationships' or 'Other Relationship Dynamics' rather than focusing on divorce. Ultimately, it was officially resolved by the Board that the subunit on Divorce would be removed to ensure thematic consistency across. Before the Open Elective Paper discussion mentioned above, Mr. Shirjit (Faculty member, BOS) Iyer also introduced the **Open Elective Course I for Semester I for FYBcom** titled **Managing** the modules.

Before the discussion on the Psychology elective, Mr. Shirjit Iyer introduced the **Open Elective Course I for Semester I**, titled **Managing College and Occupational Stress**, designed for FYBCom students. Mr. Iyer explained that the curriculum incorporates real-life scenarios of both academic and workplace stress to ensure the content is relatable and practically applicable for the students. To make the syllabus more organised, Subject Expert Dr. Anuja Deshpande suggested regrouping the topics into two clear units. Unit 1 will now be titled "Understanding College and Occupational Stress," covering the nature, symptoms, and sources of stress. Unit 2 will be titled "Coping with College and Occupational Stress," focusing on practical solutions like better study habits, reducing stress on the job, and preventing burnout. Additionally, VC Nominee Ms. Sonal Jambhekar recommended adding a section on how stress affects the body. Dr. Aarohi Khar (HOD, Psychology) noted that while this was included in the past, students found the technical details difficult to follow. To resolve this, Ms. Jambhekar suggested keeping this section very simple and avoiding complex biological terms, ensuring that the content remains easy for all students to understand.

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

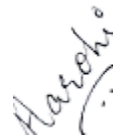
Summary:

For MA sem I/Honours Sem VII:

- School and Career Counselling: Revise the Unit 3A heading for better specificity and incorporate Indian Psychology models using Dr. Panch Ramalingam's School Psychology in the Indian Context as a reference. Merge Unit 1 (Guidance and Counselling) with Unit 2B (Roles and Responsibilities) to make space in Unit 2 for introductory concepts in Art Therapy and Play Therapy.
- Applied Organisational Psychology: Add Transformational Leadership Theory to Unit 1B, focusing on its distinction from transactional models.
- Experimental Psychology Practicals: Develop practical modules centred on Indian Psychology, including mindfulness, meditation, yoga, and extracting psychological concepts from texts like the Bhagavad Gita. Standardise scoring for experiential methods and include a comparative assessment between Western and Indian personality tests.
- Indian Psychology Elective: Rename Unit 4B from "Implications" to a more specific title and include both individual and collectivistic applications (e.g., corporate and personal settings).
- Research Methodology: Introduce basic qualitative research software tasks to build foundational proficiency and add Triangulation and Cured Theories to the syllabus.

For FYBA and FYBcom Sem I and II:

- Psychology of Self (VSC): Integrate self-reflection activities such as Journaling, Johari Window, SWOT analysis, and Personality Tests, using Baron's Social Psychology for activity frameworks.
- Statistics in Psychology (SEC): Update the syllabus to explicitly show foundational concepts
- Open Elective (Psychology): Rename the course to "Understanding Relationships in Adolescents and Youth" and remove the subunit on Divorce, Single-Parenting, and Remarriage to maintain thematic consistency for a non-specialist audience.
- Open Elective (FYBCom): Restructure the stress management paper into two clear units: "Understanding College and Occupational Stress" and "Coping with College and Occupational Stress." Include a simplified, non-biological explanation of the stress-body connection to ensure it is accessible to students without a science background.


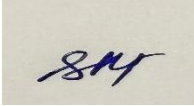



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The Meeting of the BOS minutes held on 16th March, 2026 at 2.20 pm are approved and the BOS allows VES College to run the discussed syllabus with suggested changes.

Signatures of approval:

Dr. Aarohi Khar (BOS Chairperson, HOD Psychology)	
Ms. Sonal Jambhekar (VC Nominee)	
Dr. Anuja Deshpande (Subject Expert)	
Dr. Radhika Mohan (Faculty member, BOS)	
Mr. Pritam Mahale (Faculty member, BOS)	
Ms. Swara Shah (Faculty member, BOS)	
Mr. Shrijit Iyer (Faculty member, BOS)	
Ms. Anuja Marathe (Faculty member, BOS)	
Ms. Labdhi Dedhia (Faculty member, BOS)	

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Ms. Sonal Jambhekar (VC Nominee)	
Dr. Anuja Deshpande (Subject Expert)	
Ms. Asira Chirmuley (Alumnus)	
Prof.L.Sam S. Manickam	Absent
Dr. Mrinmoyi Kulkarni (Subject Expert).	Absent