



Chowgule Education Society's

Parvatibai Chowgule College of Arts and Science  
Autonomous

Accredited by NAAC with Grade 'A+'  
Best Affiliated College-Goa University Silver Jubilee Year Award

**MINUTES OF THE MEETING**  
**OF THE BOARD OF STUDIES IN PSYCHOLOGY**  
**Held online on 16<sup>th</sup> February 2023 at 2:00 p.m.**

Vide Chowgule College notice F.133(C)/1286 dated 30<sup>th</sup> January, 2024 an online meeting of this BoS was convened on 16<sup>th</sup> February, 2024 in the college premises. Since the number of members present represented the Quorum, the BoS began its proceedings.

Members present:

1. Dr. Sobita Kirtani - Chairperson
2. Aresh Naik – Member Secretary
3. Dr. Mahesh Pai – Academic Council Nominee
4. Dr. Wilbur Gonsalves – Vice-Chancellor's Nominee
5. Dr. Ravindra Agrawal – Industry Representative
6. Sherly Fernandes – Alumni
7. Aiswarya M. Babu – Member
8. Jeanne Cotta – Member
9. Maitreyi Sawant – Member
10. Lavixia Carvalho - Member

Members Absent with Intimation:

1. Dr. Aldina Braganza – Academic Council Nominee
2. Karun Cherian – Member

## Proceedings

The Chairperson welcomed the members of the Board of Studies (BOS). The Chairperson introduced and explained the agenda for the meeting and read out the minutes of the previous BOS meeting. The meeting continued with the following agenda.

### Agenda Items:

1. Approval of Syllabus for PG Part II
2. Revision of CLO & alignment of CLO to PLO/ PO in accordance with OBE. Applicable only to the NEP implemented Syllabus.
3. Approval of Vocational Course with Course Title and Syllabus.
4. A.O.B.

### **PART A: The BoS passed the resolutions as follows:**

1. The courses, for PG Part II, were presented and were approved.
2. Since all CLOs were already aligned with OBE there were no revisions of the same. The PLOs were presented, deliberated upon and approved.
3. The Vocational Course for the UG program titled 'Fundamentals of Counselling' was discussed and approved.
4. The following points were taken up under A.O.B.
  - Approval of a new Skill Enhancement Course titled 'Communication and Interpersonal Skills', for the UG program under NEP
  - Correction in the title of a Skill Enhancement Course in the UG course structure (under NEP); i.e. from 'Counselling Skills' to 'Basic Counselling Skills'.

**PART B: Important Points/ recommendations of BoS that require consideration / approval of**

**Academic Council:**

1. Approval of the syllabi of PG Part II courses under NEP 2020. Annexure A
2. Approval of the PLOs for the UG – Psychology program. Annexure B
3. Approval of the Vocational Course for the UG program titled ‘Fundamentals of Counselling’. Annexure C
4. Approval of the following under AOB
  - Skill Enhancement Course titled ‘Communication and Interpersonal Skills’ for the UG program under NEP. Annexure D
  - Correction in the title of a Skill Enhancement Course in the UG course structure (under NEP); i.e. from ‘Counselling Skills’ to ‘Basic Counselling Skills’. Annexure E

The following members of the Board of Studies in Psychology were present for the meeting.

1. Dr. Sobita Kirtani - Chairperson
2. Aresh Naik – Member Secretary
3. Dr. Mahesh Pai – Academic Council Nominee
4. Dr. Wilbur Gonsalves – Vice-Chancellor’s Nominee
5. Dr. Ravindra Agrawal – Industry Representative
6. Sherly Fernandes – Alumni
7. Aiswarya M. Babu – Member
8. Jeanne Cotta – Member
9. Maitreyi Sawant – Member
10. Lavixia Carvalho - Member

**Members Absent with Intimation:**

1. Dr. Aldina Braganza – Academic Council Nominee
2. Karun Cherian – Member



Aresh Naik

Member Secretary

Board of Studies



Dr. Sobita Kirtani

Chairperson

Board of Studies

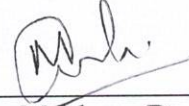
Dated: 16/02/2024

PART C: The remarks of the Dean of the Faculty:-

- a. The minutes are in order
- b. The minutes may not be placed before the Academic Council with remark, if any.
- c. Important points of the minutes which need clear policy decision of the Academic council to be recorded.

Date: 20/02/2024

Signature of the Academic Dean:



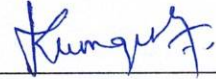
Dr. Meghana Devli

PART D: The remarks of the Member Secretary of Academic Council:-

- a. The minutes are in order
- b. The minutes may be placed before the Academic Council with remark, if any.
- c. Important points of the minutes which need clear policy decision of the Academic council to be recorded.

Date: 22/2/24

Signature of the Member Secretary  
Academic Council



Mr. V. C. Kumaresh

## Annexure A

### Summary of the changes incorporated in syllabus

Semester	Course	Existing	Changes suggested	Reason
II	Basic Counselling Skills	Course Title is mentioned as 'Counselling Skills' in the UG course structure	Change of course title in the UG course structure to 'Basic Counselling Skills'	Error that needed to be corrected

## Annexure B

### PROGRAMME LEARNING OUTCOMES (PLO)

After successful completion of a three years Bachelor's degree in Psychology, the student will be able to:

<b>PLO-1: ENHANCEMENT OF KNOWLEDGE AND LIFELONG LEARNING</b>	Graduates will be able to leverage psychological principles in order to acquire and retain knowledge, for self-improvement and personal growth, in all aspects of their lives.
<b>PLO-2: MULTIDISCIPLINARY APPROACH AND ADAPTABILITY</b>	Graduates will be able to adopt a multifaceted approach to solving real world problems while being sensitive to cultural sensibilities, individual tendencies, and contextual backdrops in which these problems occur.
<b>PLO-3: VOCATIONAL SKILLS AND RESEARCH APTITUDE</b>	Assist in reliability and validity processes of test construction, conceptualize and design an experiment in psychology, and generate culturally appropriate solutions to psychosocial problems encountered in real world settings.
<b>PLO-4: ETHICS AND SOCIAL RESPONSIBILITY</b>	Follow ethical guidelines of research and practice, and demonstrate non-judgmental attitude, acceptance of and empathy for people across all walks of life. They will be able to conduct sensitization programs to create awareness toward various psychosocial problems prevalent in the society, and devise creative ways of dealing with them.

## Annexure C

### NEW SYLLABUS (To be implemented w.e.f. Academic Year 2024-25)

#### SKILL ENHANCEMENT COURSE (SEC)

Course Title: Communication and Interpersonal Skills

Course Code: UG-PSY-SEC3

Credits: 3

Marks: 75

#### Course Objectives:

- a) To improve communication skills of the students

**Course Learning Outcomes:** Upon completion of the course, the student will be able to:

**CLO1:** Demonstrate effective interpersonal skills

**CLO2:** Demonstrate effective communication skills with family members

**CLO3:** Demonstrate effective public speaking skills

#### Module I: Interpersonal Skills

(15 hours)

1. Body Language
  - a. Body Movements
  - b. Spatial Relationships
2. Assertiveness Training
  - a. Your legitimate rights
  - b. Three communication styles
  - c. Assertiveness Goals
  - d. Assertiveness expression
  - e. Assertive Listening
  - f. Responding to Criticism
  - g. Special Assertive strategies
  - h. Assertiveness Skills Practice
3. Negotiation
  - a. Four stages of negotiation
  - b. Dealing with conflict
  - c. Rules of Principled negotiation
  - d. When the going gets tough

## **Module II: Family Skills**

**(15 hours)**

1. Couples Skills
  - a. Schemas
  - b. Couples Systems
  - c. Keeping your relationship strong
2. Communicating with Children
  - a. Listening
  - b. Expressing
  - c. Joint Problem solving
  - d. When to let go
  - e. When you have to say No
3. Family Communication
  - a. Family Communication Disorders
  - b. Family Pathology
  - c. Family Systems
  - d. How to keep family communications healthy

## **Module III: Public Skills**

**(15 hours)**

1. Influencing Others
  - a. Ineffective Strategies for influencing others
  - b. Effective strategies for influencing others
  - c. A plan for influencing change
2. Public Speaking
  - a. Planning your talk
  - b. Organizing your talk
  - c. Audience analysis
  - d. Style
  - e. Supporting materials
  - f. The outline
  - g. Delivery
  - h. Dealing with stage fright
3. Interviewing
  - a. Clarifying what you want
  - b. When you are the interviewer
  - c. If you are the interviewee

## **References**

### **Mandatory:**

- McKay, M., Davis, M., & Fanning, P. (2018). *Messages: The communications skills book*. New Harbinger Publications.



## VOCATIONAL COURSE (VOC)

Course Title: Fundamentals of Counselling

Course Code: UG-PSY- VOC1

Credits: 4

Marks: 100

### Course Objectives:

1. To study ethical and legal aspects of counselling
2. To explore issues involved in counselling diverse population
3. To understand the process of counselling

### Course Learning Outcomes:

Upon completion of the course, the student will be able to:

**CLO1.** Describe ethical and legal issues involved in counselling in India

**CLO2.** Describe issues involved in counselling diverse populations in India

**CLO3.** Analyse the factors involved in building counselling relationships in India

**CLO4.** Identify factors that determine when and how to end a counselling session

### Module I. Ethical and Legal Aspects of Counselling

(15 Hours)

- a. Definitions: Ethics, Morality, and Law
- b. Ethics and Counselling
- c. Professional code of ethics and standards
- d. Making ethical decisions
- e. Educating counselors in ethical decision making
- f. Ethics in specific counseling situations
- g. Multiple relationships
- h. Working with counsellors who may act unethically
- i. The law and counselling
- j. Law and counseling in India
- k. Legal recognition of counseling
- l. Legal recognition of counseling in India
- m. Civil and Criminal Liability
- n. Legal issues involved when counseling minors
- o. Client rights and records
- p. Minimizing legal liability
- q. The counsellor in court
- r. Counselor in the courtroom in India
- s. Ethics and Law: two ways of thinking

### Module II. Counselling With Diverse Populations

(15 Hours)

- a. Counseling aged populations
- b. Gender based counseling
- c. Concerns in counseling women
- d. Issues and theories of counseling women in India
- e. Issues and theories of counseling men many myths
- f. Issues and theories of counseling men in India
- g. Counselling and sexual orientation
- h. Counselling and sexual orientation in India
- i. Counselling and spirituality
- j. Spirituality bases of counselling in India

**Module III. Building Counselling relationships****(15 Hours)**

- a. Factors that influence the Counselling Process
- b. Handling initial inhibitions and Stigma in India
- c. Types of Initial Interviews
- d. Conducting the initial Interview
- e. Empathy: Its Origin and Existence in India
- f. Tendency to lecture and being judgmental as barriers to counselling in India
- g. Exploration and Identification of Goals

**Module IV. Working in and closing a Counselling relationship****(15 Hours)**

- a. Counsellor Skills in the Working stage of Counselling
- b. Understanding and action
- c. Transference and Counter transference
- d. The real relationship
- e. Function of closing a counselling relationship
- f. Timing of closing
- g. Issues in closing
- h. Resistance to closing
- i. Counselor-initiated closing
- j. Ending on a positive note
- k. Issues related to closing: follow-up and referral
- l. Counselling skills and the Indian Scenario

**Reference Books****Mandatory Reading:**

- Galdding, S.T. &Batra, P. (2018).*Counselling a comprehensive profession* (8<sup>th</sup>ed.). Pearson India Education Service Pvt. Ltd.

**Supplementary Reading:**

- Sutton, J., & Steward, W. (2008).*Learning to Counsel* (3rd ed.). How To Books Ltd.
- McKay, M., Davis, M., & Fanning, P. (2018).*Messages: The communications skills book*. New Harbinger Publications
- The Handbook of Communication Skills (4th ed.). (2019). Routledge, London and New York.
- Rao, S.N. (1991).*Counselling and Guidance*, New Delhi, Tata McGraw Hill Publishing Company Limited
- Welfel, E.R. & Patterson, L.E. (2005).*The Counselling Process*. Cengage Learning
- Gerald, C. (1996).*Theory and Practice of Counselling and Psychotherapy*. Brooks/Cole Publishing Company.

## **PG SYLLABUS**

### **ANNEXURE III**

#### **Semester 4**

#### **Research Specific Elective Practical**

**Course: Management of Learning Disabilities – Research**

**Course Code: PGMP-PSY-DSRE-505**

**Marks: 50**

**Credits: 02**

**Course Structure:** This course is a submission-based course and would require students to review three articles under each module based on the subject area of management of learning disabilities. At the end, student will write a conceptual paper based on their understanding on the different perspectives obtained by article reviews.

**Course Learning Outcomes:** At the end of this course, students will be able to:

CLO1: Understand the practical aspects of management of learning disabilities through Literature review.

CLO2: Apply the knowledge and formulate a conceptual paper.

#### **Syllabus:**

Module 1: Understanding learning disabilities in Indian Context (Emphasis on tools for detection, assessment, and diagnostics scales)

Module 2: Planning for treatment & Intervention Strategies for learning disabilities

Module 3: Need for inclusive education & Challenges faced by students with learning disabilities

**Course: Child & Crime – Research**

**Course Code: PGMP-PSY-DSRE-506**

**Marks: 50**

**Credits: 02**

**Course Structure:** This course is a submission-based course and would require students to review three articles under each module based on the subject area of child & crime. At the end, student will write a conceptual paper based on their understanding on the different perspectives obtained by article reviews.

**Course Learning Outcomes:** At the end of this course, students will be able to:

CLO1: Understand the practical aspects of Child and Crime through Literature review.

CLO2: Apply the knowledge and formulate a conceptual paper.

**Syllabus:**

Module 1: Basis of Child & Crime / Perspectives of child & crime, Prevalence of Child crimes in India

Module 2: Understanding child offenders & children as victims

Module 3: Rehabilitation of Child offenders and victims

**Course Title: School Counselling– Research**

**Course Code: PGMP-PSY-DSRE- 507**

**Marks: 50**

**Credits: 02**

**Course Structure:** This course is a submission-based course and would require students to review three articles under each module based on the subject area of school counselling. At the end, student will write a conceptual paper based on their understanding on the different perspectives obtained by article reviews.

**Course Learning Outcomes:** At the end of this course, students will be able to:

CLO1: Understand the various aspects of school counseling through Literature review.

CLO2: Apply the knowledge and formulate a conceptual paper.

**Syllabus:**

**Module 1:** Need for school counsellors in India

**Module 2:** Career development

**Module 3:** Counselling children with special needs/ mental health issues (Resilience, bereavement, Emotional and behavioral issues)

**Course Title: Counselling Parents– Research**

**Course Code: PGMP-PSY-DSRE-508**

**Marks: 50**

**Credits: 02**

**Course Structure:** This course is a submission-based course and would require students to review three articles under each module based on the subject area of counselling parents. At the end, student will write a conceptual paper based on their understanding on the different perspectives obtained by article reviews.

**Course Learning Outcomes:** At the end of this course, students will be able to:

CLO1: Understand the practical aspects of counselling parents through Literature review.

CLO2: Apply the knowledge and formulate a conceptual paper.

**Syllabus:**

Module 1: Positive parenting and academic achievement in the Indian context

Module 2: Parenting and childhood trauma

Module 3: Counselling Parents of children with special needs