



# SACRED HEART COLLEGE (AUTONOMOUS)

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A Don Bosco Institution of Higher Education, Founded in 1951 \* Affiliated to Thiruvalluvar University, Vellore \* Autonomous since 1987

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## SACRED HEART COLLEGE (AUTONOMOUS) PG & Research Department of Counselling Psychology Minutes of the Board of Studies Meeting

The Board of Studies meeting of the PG Department of Counselling Psychology was held at 3 p.m. on 30.11.2020 via Google platform. The University Nominee Dr. D. BaraniGanth, the subject expert Dr. S. Sasikala, Field expert Dr. A. Joseph Einstein, department alumni Fr. Mani Lazar and all the staff of the Department of Counselling Psychology were present for the meeting. Prof Arul Prabakar welcomed the gathering and Fr. Sanjay moderated the session.

Chairperson, Head & Assistant Professor	:	Rev.Dr. I. Joe Sanjay Sacred Heart College (Autonomous)
University Nominee	:	Dr. D. BaraniGanth Associate Professor Dept of Applied Psychology Pondicherry University
Subject Expert	:	Dr. S. Sasikala Asst. Professor Department of Psychology University of Madras
Industry/ Field Expert	:	Dr. A. Joseph Einstein Counsellor and Trainer Chennai
Alumni	:	Fr. Mani Lazar  Counsellor and Trainer Don Bosco Rehabilitation Centre

Pope John's Garden  
Chennai

Members : Rev. Sr. P.Anthoniammal  
Assistant Professor

Mr. S. Arul Prabakaran  
Assistant Professor

Ms. Latha M.  
College Counsellor

### **Agenda**

- Reviewing the existing MSc counselling Psychology subjects and proposing subjects for the new curriculum
- Reviewing the existing syllabus and proposing suggestions
- Reviewing and approving the I UG syllabus
- Approving the Certificate course “Psychology of Interpersonal Relationship” for students from other departments

### **Resolutions and Suggestions**

#### **Reviewing the existing MSc counselling Psychology subjects and proposing subjects for the new curriculum**

- Biological Psychology to be taught in the first semester as it is a base for counselling
- To bring Biological Psychology to the 1<sup>st</sup> Sem, Counselling Skills can be moved to 2<sup>nd</sup> Sem and Research Methodology can be moved to 3<sup>rd</sup> semester.
- Organizational Behaviour should be taught before Human Resource Management.
- Subject Behaviour Modification to be included (Behaviour Modification Approaches and Techniques).
- Organisational Behaviour and Human Resource Management can be removed and instead of that counselling based subjects to be included. eg: Family Counselling, Career Counselling, Behaviour modification etc
- Subject “Counselling for people with specific needs” can be taught.
- Can have employability skills as a certificate course.
- Thinking Skills can be taught as a subject in UG and PG level, it can be introduced as a skill paper.
- “Thinking Skill” can be replaced with a certificate course.

- More focus on helping and encouraging students to write research papers /publications/ paper presentations must be given.
- Psychopathology I and II could be converted into 1 paper.

It was decided that the faculty of the department would revise the subjects based on the proposals made during BoS meeting.

### **Reviewing the existing syllabus and proposing suggestions**

It was decided that the faculty of the department would revise the syllabus based on the proposals made during the Academic Audit and present it during the next BoS meeting.

### **Reviewing and approving the I UG syllabus**

- The Psychology core papers suggested by TANSICHE was approved.

There were proposals with regard to the Allied Paper 1 and 2 (Management)

- Managing behaviour in Organisation not necessary in 1<sup>st</sup> Semester, it can be interchanged with statistics in psychology. It can be introduced later.
- Developmental Psychology can be introduced in 1st Semester.
- Psychology in Advertising subject was felt out of place for psychology students as it is more towards marketing.
- Principles of Management and Organisational Behaviour was felt to be a better option for Allied Paper.
- Entrepreneurial Development and Business Communication were also suggested for allied subjects.
- To decide on Allied Subjects based on the availability of faculty of the Management dept who can handle the subject.

It was decided that the faculty of the department would revise the subjects based on the proposals made during BoS meeting.

### **Approving the Certificate course “Psychology of Interpersonal Relationship” for students from other departments**

- All the members approved the certificate course “Psychology of Interpersonal Relationship”

### **Suggestions to refine the syllabus for the Certificate course**

A few topics were suggested to be included in the syllabus

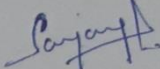
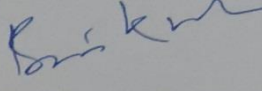
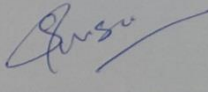
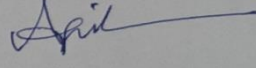
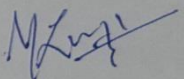
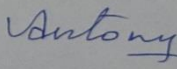
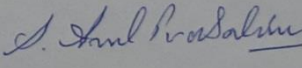
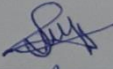
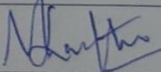
- Relationship Issues
- Managing virtual relationships
- Emotional Maturity
- Theories
- Firo B and Firo F test

At the end of the meeting it was decided that the department staffs will take into consideration all the suggestions given by the board of study members and will decide on the subjects and develop the syllabus. The list of subjects will be circulated to the board of studies members for further correction and approval.

Ms. Latha M., briefly highlighted the key decision and proposals that were made during the meeting. Asst Professor Anthoniammal rendered the vote of thanks at the end of the meeting. Head of the Department Dr. Joe Sanjay also thanked Dr. D. BaraniGanth, Dr. S. Sasikala, Dr. A. Joseph Einstein and Fr. Mani Lazar for offering their valuable suggestions. He also thanked the staff for their wonderful collaboration and the meeting came to an end at 5.15 pm.

### **Signature of the Panel Members**

Signature of the Panel Members

S. NO.	MEMBERS	SIGNATURE
1	Chairperson, Head & Assistant Professor Rev. Dr. I. Joe Sanjay Dept of Counselling Psychology Sacred Heart College (Autonomous)	
2	University Nominee Dr. D. Barani Ganth Associate Professor Dept of Applied Psychology Pondicherry University	
3	Subject Expert Dr. S. Sasikala Asst. Professor Department of Psychology University of Madras	
4	Industry/ Field Expert Dr. A. Joseph Einstein Counsellor and Trainer Chennai	
5	Alumni Fr. Mani Lazar Counsellor and Trainer Don Bosco Rehabilitation Centre Pope John's Garden, Chennai	
6	Member: Rev. Sr. P. Anthoniammal Assistant Professor Dept of Counselling Psychology Sacred Heart College (Autonomous)	
7	Mr. S. Arul Prabakaran Assistant Professor Dept of Counselling Psychology Sacred Heart College (Autonomous)	
8	Dr. Sujatha Assistant Professor Dept of Counselling Psychology Sacred Heart College (Autonomous)	
9	Ms. Latha M. College Counsellor Sacred Heart College (Autonomous)	

**Revised Syllabus based on the suggestions during the BoS**

<b>SEMESTER I</b>	<b>SEMESTER II</b>
Foundation of Human Behaviour	Life-Span Psychology I
Biological Psychology	Psychopathology – I
Counselling Skills and Techniques	Psychotherapies I
Theories of Personality	Research Methods and Applied Statistics
Psychological Assessment: Practical-I	Psychological Assessment: Practical-II
Certificate Course: Healing the Inner Child	Field Practicum I
	Certificate Course: Learning Disability
	Summer Internship I

<b>SEMESTER III</b>	<b>SEMESTER IV</b>
Psychopathology – II	Counselling for people with specific needs
Psychotherapies II	Positive Psychology
Life-Span Psychology II	Behaviour Modification
Applied Social Psychology	Employability Skills
Elective: OB/ Rehabilitation Counselling/ Training and Development	Elective : School Counselling / Psychometry/ Life Coaching
Human Rights (Self Study)	Project Work
Field Practicum II	Certificate course: NLP
Certificate course: Hypnotherapy	Summer Internship II (Optional)

### Changes made

Moved Biological Psychology to first semester

Moved Life span 1 and life span 2 to second and third semester

Removed OB as a core paper from fourth semester and introduced Behaviour Modification

Replaced Counselling across life span with counselling people with specific needs.

Made OB as an elective in the third semester and removed Indian psychology from the elective.

Moved HR elective set to fourth semester and brought the elective – rehab counselling and Training and Development to 3<sup>rd</sup> semester.

### Syllabus for I B.Sc. Psychology (Effect from 2021-2022 batch)

Part	Type	Subject	Paper	Hrs	Crs	CIA	Sem	Total
<b>Semester - I</b>								
I	Part-I	Tamil	I	5	3	30	70	100
II	Part-II	English	I	5	3	30	70	100
		Communicative English	I		1			
III	Main	General Psychology - I	I	5	5	30	70	100
III	Main	Biological Psychology - I	II	5	5	30	70	100
III	Allied	Principles of Management	I	6	4	30	70	100
IV	FC*	Personal Skills	I	2	1	-	-	100*
IV	ET/RE*	Religion & Ethics	I	2	1	-	-	100*
		<b>Total</b>		<b>30</b>	<b>23</b>			
<b>Semester - II</b>								
I	Part-I	Tamil	II	5	3	30	70	100
II	Part-II	English	II	5	3	30	70	100
		Communicative English			1			
III	Main	General Psychology - II	III	5	5	30	70	100
III	Main	Biological Psychology - II	IV	5	5	30	70	100
III	Allied	Managing Behaviour in Organization	II	6	4	30	70	100
IV	FC*	Social Skills	II	2	1	-	-	100*
IV	ET/RE*	Ethics / Religion	II	2	1	-	-	100*
		<b>Total</b>		<b>30</b>	<b>23</b>			

\* Internal papers

### **Changes Made**

As per the guidance of the BoS Panel and after consulting the staff of the BBA department regarding the availability of faculty who can handle the subjects changes were brought in the Allied Subjects for Semester 1 and Semester 2. Managing behaviour in organization was moved to Semester 2 and Principles of Management was introduced in Semester 1.

### **Certificate Course on Psychology of Interpersonal Relationship**

<b>MAJOR TOPICS</b>
<ul style="list-style-type: none"><li>• Childhood imprinting and relationship</li><li>• Conflict Management style</li></ul>
<ul style="list-style-type: none"><li>• Understanding self and others using Art</li><li>• Self-realisation</li><li>• Emotions, relationship and art</li></ul>
<ul style="list-style-type: none"><li>• Emotional intelligence and Emotional Maturity</li><li>• Emotions workout</li><li>• Transactional Analysis</li></ul>
<ul style="list-style-type: none"><li>• Personality Development</li><li>• Understanding self – Johari window</li><li>• self-concept, self-esteem</li><li>• SWOT analysis</li></ul>
<ul style="list-style-type: none"><li>• Psychosexual stages of Freud</li><li>• Psychosocial stages of Erikson</li><li>• Friendship, infatuation and Love</li><li>• Relationship Issues</li></ul>



<ul style="list-style-type: none"><li>• Managing Virtual relationship</li></ul>
<ul style="list-style-type: none"><li>• Group formation and group behaviour Team building and Challenges</li><li>• Synergy</li><li>• Firo B and Firo F Tests</li></ul>
<ul style="list-style-type: none"><li>• Leadership – Types, qualities of a leader, Becoming a leader – understanding the present day youngsters and challenges ahead</li><li>• Prejudice and discrimination</li><li>• Social Influence</li><li>• Creating a better world</li></ul>

### **Changes Made**

Topics such as Relationship Issues, Managing virtual relationships, Emotional Maturity, Firo B and Firo F were added to the syllabus.

## SACRED HEART COLLEGE (AUTONOMOUS)

### PG & Research Department of Counselling Psychology Minutes of the Board of Studies Meeting

The Board of Studies meeting of the PG Department of Counselling Psychology was held at 9.30 a.m. on 09.04.2021 via Google platform. The University Nominee Dr. D. BaraniGanth, the Subject Expert Dr. S. Sasikala, Field expert Dr. A. Joseph Einstein, department alumni Fr. Mani Lazar and all the staff of the Department of Counselling Psychology were present for the meeting. The meeting was started with a prayer. Sr. Anto welcomed the gathering and Fr. Sanjay moderated the session.

Chairperson, Head & Assistant Professor	:	Rev.Dr. I. Joe Sanjay Sacred Heart College (Autonomous)
University Nominee	:	Dr. D. BaraniGanth Associate Professor Dept of Applied Psychology Pondicherry University
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Alumni	:	Fr. Mani Lazar Counsellor and Trainer Don Bosco Rehabilitation Centre Pope John's Garden Chennai
Members	:	Rev. Sr. P.Anthoniammal Assistant Professor Mr. S. Arul Prabakaran Assistant Professor Dr. Sujatha Assistant Professor Ms. Latha M. College Counsellor

## **Agenda**

- Approval of the proposed syllabus for B.Sc. Psychology
- Approval of the revised M.Sc. syllabus

## **Resolutions and Suggestions**

### **1. B.Sc. Syllabus**

- BSc Syllabus was reviewed and approved by the BoS members.

### **2. M.Sc. Revised Syllabus**

- The revised MSc. Syllabus was reviewed and approved by the BoS members.
- Since the students come from other Majors, it was suggested that they have to be given right orientation before teaching Biological Psychology.
- First Year students can be given Bridge Course related to the Psychology before they are introduced to the MSc subjects.

### **3. Other suggestions for the Department**

- Online Internship

Apart from offering them online classes, as an internship students may be encouraged to

- Prepare PPT Presentation for any psychology related topic and present it among themselves.
- Write research papers and thus enhance their writing Skills.

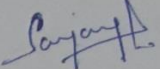
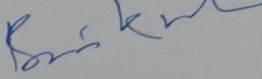
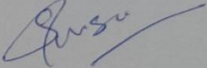
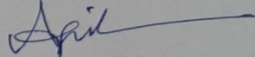
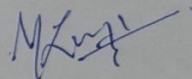
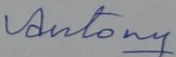
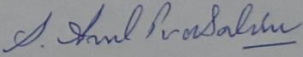
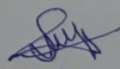
- Coaching can be given to the students to take part in National Level examinations like UGC NET and JRF.
- Training could be given to the students to enhance their research calibre (Research methodology and SPSS), teaching and learning aptitude.
- The external board members stated that they are ready to offer online help in this regard.

It was decided that the department faculty will incorporate all the suggestions given by the external members of the Board of Studies.

Ms. Latha M rendered the vote of thanks at the end of the meeting. Head of the Department Dr. Joe Sanjay also thanked Dr. D. BaraniGanth, Dr. S. Sasikala, Dr. A. Joseph Einstein and

Fr. Mani Lazar for offering their valuable suggestions. He also thanked the staff for their wonderful collaboration and the meeting came to an end at 10.30 am.

### Signature of the Panel Members

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