

### **Minutes of the Meeting of the Members of BoS in Psychology 2022-23**

**DATE: 10<sup>th</sup> April, 2023      DAY: Monday      TIME: 5:00 P.M.      MODE: Hybrid**

The second meeting of the academic year 2022-23 of the members of Board of Studies in Psychology was held on Monday, April 10<sup>th</sup> 2023 at 5:00 pm via Zoom Platform. Faculty of the Department had joined the meeting from the college, whereas experts joined the meeting online.

#### **Member Composition:**

Sr. No.	Member	Designation	Role
1	Dr. Amita Valmiki	Head, Dept. of Philosophy, R. J. College	Chairperson
2	Mr. Chinmay Bapat	Asst. Professor & In-charge, Dept. of Psychology, R. J. College	In-charge Faculty
3	Ms. Shephali Apte	Faculty, Dept. of Psychology, R. J. College	Faculty
4	Dr. Uma Shankar	Principal, SIES College	Subject Expert – Invitee
5	Dr. Sangeeta Kamath	Head, Dept. of Psychology, Ramnarain Ruia College	Subject Expert (Parent University)
6	Dr. Mohita Junnarkar	Associate Professor & Asst. Dean Research, Jindal Institute of Behavioural Sciences	Subject Expert (Other University)
7	Ms. Darshana Kulkarni	Asst. Professor, Maniben Nanavati Women's College	Subject Expert (Other University)
8	Mr. Adwait Kapileshwari	Sports Psychologist	Industry Expert

Agenda:

1. To read and confirm the minutes of the meeting of BoS held on 21<sup>st</sup> September, 2022.
2. To discuss the feedback on curriculum obtained from various stakeholders and action taken report.
3. To discuss the revised syllabus of F.Y.B.A. Psychology in Semesters I and II in line with the implementation of NEP-2020 framework to be implemented from the academic year 2023-24.
4. To discuss the restructured syllabus of S.Y.B.A. Psychology in Semesters III and IV.
5. To discuss the revision of T.Y.B.A. Psychology syllabus with increase of 6 credits (3 credits per semester) in semester V and VI.
6. To discuss the introduction of a value added course in collaboration with 'The connect Hut', a social enterprise to be introduced from 2023-2024.
7. To start a new Program M. A. Psychology from the academic year 2023-2024.
8. To present the NEP-2020 Preparedness Grid and share LOCF B. A. Psychology and finalized T.Y.B.A. syllabus with evaluation patterns.
9. Any other matter.

**Minutes of the meeting of BoS members in Psychology held on Monday 10<sup>th</sup> April, 2023  
conducted in hybrid mode**

Mr Chinmay Bapat and Ms Shephali Apte welcomed all the experts in the second meeting of the ad-hoc board of studies in Psychology of the academic year 2022-23.

**Item 1: Reading & confirming the minutes of the meeting of BoS held on 21<sup>st</sup> September, 2022**

Mr. Chinmay Bapat read the minutes of the meeting of the BoS in Psychology held on 21<sup>st</sup> September, 2022 and the same was confirmed by all the members and passed for approval by the academic council.

**Item 2: Feedback on curriculum obtained from various stakeholders and action taken report**

Mr. Chinmay Bapat presented the feedback on curriculum of 2022-23 – given by various stakeholders including peer-teachers, industry persons, and current batch students. Discussion upon the same was confirmed by all the members to be formalized in the action taken report.

**Item 3: Revised syllabus of F.Y.B.A. Psychology in Semesters I and II in line with the implementation of NEP-2020 framework to be implemented from the academic year 2023-24**

In the NEP-2020 framework to be implemented from academic year 2023-24 starting at the F.Y. level, 6 credits have to be offered for major subjects (papers) by the department. In line with the same, a new paper (DSC Major Paper 2) of 3 credits with a rough title ‘Positive & Applied Psychology’ was proposed before the board members. The rationale of the paper with relevance of the recent tradition of positive psychology and the ease to learn the concepts for students as well as the intrigue that they show for the same was discussed. The rationale was supported with the presentation of curriculum feedback with all the stakeholders’ positive responses on relevance, interest, and ease of learning for introducing such a paper.

Furthermore the learnings of simple research methodology and statistics in Psychology were

proposed as one part of the paper in respective semesters, where the students could apply variables of positive psychology and also develop basic research aptitude.

The experts agreed upon the relevance and need of introducing Positive Psychology in the early years of learning – especially noting the increasing breadth of this newer field and its ever-growing applications. However the experts suggested that the loose structure of the proposed syllabus for the paper be revamped with necessary changes. Firstly, experts suggested not naming the paper as Positive & ‘Applied’ Psychology as it may suggest very different connotations from what is intended with the proposition.

The board passed Positive Psychology to be introduced in this new paper with the following suggestions for revamping the syllabus: adding ‘*Positive Psychology: The Scientific and Practical Explorations of Human Strengths*’ by Lopez & colleagues (2019) as another primary reference for the paper; brief explanations of ‘historical origins of positive psychology’ in the introductory unit; introducing the ‘Indian Psychology concept’ & focus on cultural factors with the ‘Deconstruction of Illness ideology’; combining positive emotions & subjective well-being in one sub-unit; introducing empathy and altruism under separate sub-units, introducing ‘positive intervention designing’ with the Indian cultural lens in semester II; and merging the concepts of ‘optimism’ & ‘optimistic explanatory style’ in one sub-unit; not keeping ‘spirituality’ & ‘meditation’ in one sub-unit. Furthermore experts suggested renaming the units of the syllabus so as to not limit the scope of the paper to one or a few reference books and the structure followed therein. The concepts of ‘intra-personal’ approaches under ‘The Positive Self’, ‘positive well-being’ of life, ‘flow’, and ‘mindfulness’ were also recommended for consideration while re-designing the syllabus. With respect to research methodology, relevant research methods applying the positive variables included in the syllabus, relevant psychometric tests, positive psychology tests on PEBL and basic introduction of the software therein, online report building on ‘character strengths’ as an introduction to online medium of assessment, and journal papers could also be introduced as per feasibility. Finally, for an alternative mode of internal evaluation, students may also be asked to identify positive psychological scales online. Accepting the experts’ suggestions, it was passed by all the members that a revised syllabus for this new paper will be shared with the experts for their approval in the next meeting.

In the existing paper of Fundamentals of Psychology (DSC Major Paper 1) of 3 credits, Mr. Chinmay Bapat proposed to include a unit on “development across lifespan” in view of orienting the students to the heavy scope of Developmental Psychology which gets introduced in Paper III at the S.Y. level. However the experts recommended shifting the new addition of ‘Development across Lifespan’ unit in the introductory unit of Paper III: Developmental Psychology only. The experts also suggested shifting the units on research methodology and statistics from DSC Major Paper 2 to this paper along the lines of old syllabus structure of the paper only. In justification of continuing with the old syllabus structure for Fundamentals of Psychology, as suggested by the experts, curriculum feedback provided support for the societal-relevance, industry-relevance, skill-enhancement, knowledge-building, & the concise nature of the existing syllabus. In line with the above, all the members passed that the syllabus of Fundamentals of Psychology will be re-shifted back to the previous structure.

The name of the Generic Elective Paper (4 credits) to be offered by the department was finalized as ‘Psychology & Daily Life’. Experts suggested of including orientation to the applications of Psychology in various areas such as – ‘Psychology in the Workplace’, ‘Psychology & Media’, ‘Psychology & Law’, and ‘Psychology & Crime’ etc. and making the syllabus more application based. Incorporating these suggestions, a detailed syllabus shall be presented to the board in the upcoming meeting.

As a part of community engagement (2 credits), the experts suggested –

- 1) Students could conduct workshops on life-skills, time-management, and study-skills for other students; or arrange orientation sessions on art-therapy, dance-movement therapy for children;
- 2) Students could administer small psychological tests which can be self-administered or other small self-report measures (if possible, focusing on positive psychology or general psychology areas); or
- 3) Students could also make pamphlets, brochures as a part of awareness.

Experts also noted that these efforts of community engagement could be arranged around occasions such as World Mental Health Day etc. or even as a part of the Annual Departmental Festival.

**Item 4: To discuss the restructured syllabus of S.Y.B.A. Psychology**

Incorporation of neglected topics – ‘Love, Liking, & Romantic Relationships’ and ‘Prosocial Behaviour’ in Paper II: Social Psychology suggested by experts in the previous meeting was confirmed. In light of the lecture hours and syllabus load, these topics were kept ‘non-evaluative’ for self-study with room for discussion and/or clarification in the classroom with the board’s permission.

For coherence and better understanding, the contents of Paper III: Developmental Psychology were reordered according to theories and aspects of development as opposed to the previous organization based on age-groups. The same was passed by the board. As mentioned in item 3 above, an introductory unit on Lifespan Development will be restored in this paper. To accommodate the same, the board members agreed on merging of the unit on ‘Death & Dying’ with the unit based on adulthood.

The successful implementation of the Discipline Specific Elective – Psychological Inquiry introduced in this academic year was briefly noted by the in-charge faculty. Three group research projects growing out of the learnings of the course and students’ participation and/or success at the zonal and University level at the 17<sup>th</sup> Aavishkar Research Convention organized by the University of Mumbai was also proudly conveyed to the board members as the success of the course.

**Item 5: To discuss the revision of T.Y.B.A. Psychology syllabus**

Having incorporated experts’ suggestions from the previous meeting, the finalized T.Y.B.A. Psychology syllabus with increase in 6 credits (3 credits per semester) was read by Mr. Chinmay Bapat. All the members finalized & passed the T.Y.B.A. syllabus again for its implementation in the first batch of TY of the department in the upcoming academic year (2023-24).

The broad topics for experiments to be conducted in the Practicals (paper VIII) from next year onwards were passed by the board as follows: Attention & Working Memory for Semester V (The pilot studies for the experiments based on these topics were conducted by the faculty to

check the feasibility as well as equivalence. The same was also reported to the experts.) & Perception (on PEBL) & Visual Imagery or Judgement (CogLab) for Semester VI

Similarly, the psychological tests for administration in the Practicals (paper VIII) from next year onwards were also passed by the board as follows: Big-Five Inventory – BFI (Goldberg, 1993) & Sherer’s General Self-Efficacy Scale – SGSE (Sherer, 1983) were accepted for Semester V. And the Cattell’s Culture Fair Intelligence Test & Self Directed Search (Interest Test) was accepted by the board for Semester VI, pending procurement by the department.

#### **Item 6: Introducing a Value Added Course**

Mr. Chinmay Bapat proposed introducing a value added course of the DOT – Active Listening developed by the founder & lead trainer of a social enterprise ‘The Connect Hut’ – Mr. Sachin Chitambar from his vast experience of working in the field of Mental Health & Suicide Prevention. The course will be formalized by the department with application based and other specific evaluation patterns for 2 credits and about 45 engagement hours. The core concept behind the course was presented to the experts. The experts passed this proposition for implementation from the academic year 2023-24 and acknowledged benefits of learning active listening and making it available to all faculty students. The detailed curriculum of the course will be presented before the board members in the next meeting.

#### **Item 7: Introducing the M. A. Psychology Programme to be offered by the Department**

In view of the increasing demand for PG Program in Psychology it is proposed that a new program M. A. in Psychology with Clinical Psychology as a specialisation be started from the academic year 2023-2024

Intake Capacity: 30

Eligibility: B. A. Psychology as a major subject or its equivalences

The experts provided insights regarding the unique propositions of the course – with workshops on art-based therapy, certification courses, industry & internship tie-ups etc. The

implementation of the programme is to be adopted with the finalized curriculum in the upcoming meetings.

**Item 8: NEP-2020 Preparedness Grid, LOCF - B. A. Psychology and finalized T.Y.B.A. syllabus with evaluation patterns**

The meeting was concluded by presenting the NEP-2020 preparedness of the department with the rough plan of curriculum delivery and distribution of papers/courses offered in various categories from F.Y.B.A. upto T.Y.B.A. A grid based on table 2.2 of the report by Dr. R. D. Kulkarni led committee instituted by the Govt. of Maharashtra was presented for the same. The same grid along with the finalized T.Y.B.A. Psychology syllabus with paper wise evaluation & the updated Learning Outcomes Curriculum Framework (LOCF) for the B. A. Psychology programme offered by the department will be shared with the board members for their review.

There being no other matter, the meeting ended with a formal vote of thanks presented by Mr. Chinmay Bapat for all the experts.



Mr. Chinmay S. Bapat

In-charge, Department of Psychology