



AQAR 2021-22

**1.1 Curriculum Design and Development**  
**1.1.2 Counselling Psychology – Board of Studies**

**DEPARTMENT OF COUNSELLING PSYCHOLOGY**  
**Board of Studies Meeting held on May 18, 2021**

**External Members who participated:**

Dr. J. O. JerydaGnanajaneElijo, Ph.D.

Assistant Professor

Dept. of Social Work

Bharathidasan University

[jerydaanand@gmail.com](mailto:jerydaanand@gmail.com)

[jerydaanand@bdu.ac.in](mailto:jerydaanand@bdu.ac.in)

+91 9443 922 703

+91 9597374993

Dr. Synthia Mary Mathew,

Coordinator for M.Sc. Psychology and PGDCP,

Lady Doak College.

Madurai Kamarajar University

[synthiamarymathew@ldc.edu.in](mailto:synthiamarymathew@ldc.edu.in)

Mobile number: 94898 94206

Dr. G. MetildaBhuvaneswari, PhD

Asst. Professor of Social Work,

Cauvery College for Women,

Tiruchirappalli, India

Bharathidasan University

+91 79046 74058

[Metilda.sw@cauverycollege.ac.in](mailto:Metilda.sw@cauverycollege.ac.in)

**Members of the Department:**

Rev. Fr. Emmanuel Arockiam, S.J., Ph.D.

Dr. John Balaiah, Ph.D.

Rev. Fr. Richard Hiruthyaraj, S.J.

Fr. Emmanuel Arockiam, S.J.

### Minutes of the Board of Studies Meeting held on May 18, 2021

Owing to the Covid Lockdown, the meeting was held online through the Counselling Psychology Staff Classroom.

The meeting started with a prayer song played by Fr. Richard.

Fr. Emmanuel welcomed the members and asked them to introduce themselves. After the self-introduction of all the members, Fr. Emmanuel mentioned briefly about the Department of Counselling Psychology at St. Joseph's College, Trichy, and what happened during the past one year. he stated that

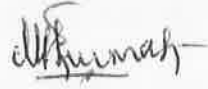
- the Dept. of Counselling Psychology was started at St. Joseph's College in 2020 and just one year is over after we started the M.A. Counselling Psychology;
- despite the Lockdown due to Covid-19, and despite the drawbacks of teaching online, intense teaching-learning has taken place;
- the focus of the program is twofold: Personal Development and Professional Development;
- the outcome of the program should be that students acquire knowledge, skills and the right attitude to bloom into efficient and ethical counsellors;
- the current students are motivated to learn;
- students go through personal counselling, for which during the last semester alone each student met the counsellors six times for understanding themselves
- during the Lockdown, the Dept. conducted two webinars on relevant themes – one International and another one – National; besides the presentations by external experts, all the students in the Dept. presented papers during both the webinars;
- during the second year of the program, the students will be doing their practicum for which they have a class called Supervision, during which they will integrate theory and practice, their own personality and their preferred approach;
- to the suggestion given by Dr. Jeryda that the Dept. should help out in counselling during this Covid Lockdown, Fr. Emmanuel thanked her for the suggestion and added that it is already being done online. He also stated that the students visited St. Joseph's College Hr. Sec. School and gave talks and did counselling to the students, and visited and conducted counselling thrice at the Alcohol Treatment camp conducted by JMAADD at Mullaikudy.

### Suggestions Received

The syllabus is well-prepared, quite packed, and the Electives are relevant. However, the course on Psychological Approaches to Counselling would be the core theoretical input, and therefore it would require a longer duration as theoretical input should be combined with practicing various theories. It could be taught as Psychological Approaches to Counselling I and II. The time table has to be reorganized accordingly. Fr. Richard explained that theory is taught with a demo, and the students practice and come back with the transcript of their counselling. Fr. Emmanuel added that one hour in the afternoon is allotted for practicing these approaches, and moreover, in Family Therapy, the students are reminded of various approaches to counselling.

In the subject, Foundations of Psychology, the Unit on The Five Senses could be included under Perception along with a separate Unit as Motivation and Emotions. Fr. Emmanuel clarified that on account of the Lockdown, the Unit on the Nervous System was omitted and the topic on Motivation was dealt with in detail.

In the Semester 2, in the course on Psychology of Human Development, the topic *Terminally Ill* should be included. Dr. John Balaiah explained that that topic is given as a case study.

  
Fr. Emmanuel Arockiam, S.J.

### Action Taken

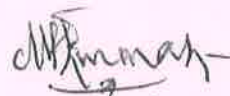
The suggestions given by the BoS members are relevant.

The syllabus is modified to include one more course on Psychological Approaches to Counselling as Paper I and Paper II.

In the Subject on the Foundations of Psychology, the unit on the Nervous System is merged with the first Unit on Introduction, the third unit is titled as Perception and the last unit is titled as Motivation and Emotions.

In the subject on the Psychology of Human Development, though the topic on the Terminally ill was actually dealt with as a case study, it is specifically mentioned in the syllabus.

The modified syllabus with new Paper Codes is finalized.



Fr. Emmanuel Arackiam, S. J.



Dr. V. FRANCIS, M.A., MBA., M.Phil., Ph.D.,  
Research Guide & Asst. Prof. of English  
Dean, School of Languages & Culture  
St. Joseph's College (Autonomous)  
Chirappalli-620 002, Tamil Nadu, India