

S.S. Jain Subodh P.G. College, Jaipur

(Autonomous)

SYLLABUS

MULTIDISCIPLINARY COURSE (PSYCHOLOGY)



III, IV & V Semester Examination 2026-27

As per NEP-2020

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Multidisciplinary course (MDC)

CRDITS: 4

CLASSES PER WEEK: 4

MAXIMUM MARKS: 100

EoSE: 70

CIA: 30

Examination will be of three hours.

The question paper (EOSE- End of semester Examination) Will consist of two parts A & B

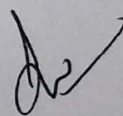
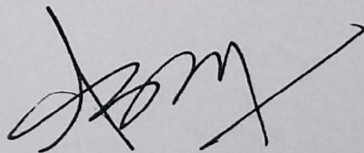
Part- A: 14 Marks

Part A will be compulsory having 10 very short answer –type questions (with a limit of 20 words) of two marks each and candidate can attempt any seven questions.

Part B: 56 Marks

Part B of the question paper shall be divided into four units comprising question number 2-5. There will be one question from each unit with internal choice. Each question will carry 14 Marks.

MDC will run in Semester III, IV and V.



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MDC will run in Semester III, IV and V.

Detailed Syllabus
MDC – PSY-51T-101
Basics of Psychology-I
Semester- III

CREDITS: 4

CLASSES PER WEEK: 4

MAXIMUM MARKS: 100

EoSE: 70

CIA: 30

Objective of the Course-

1. To understand the meaning, goals, history, and different methods of psychology.
2. To introduce students to the foundational concepts and major areas of psychology.
3. To develop an understanding of human behaviour through the study of intelligence, personality, motivation, and emotion.
4. To promote the application of psychological principles for personal growth and effective everyday functioning.

Course Learning Outcomes:

By the end of the Course, Students will be able to:

1. Develop an understanding of the epistemology of psychology.
2. Describe key psychological concepts and major theoretical perspectives.
3. Interpret behaviours and emotional patterns using basic psychological principles.
4. Apply simple strategies for improving motivation, emotional regulation, and self-management.

Unit-I:

Introduction: Definition, Goals of Psychology, Brief History of Psychology, Major Methods and Scopes of Psychology.

Unit-II

Intelligence: Definition and Types. Gardner's Multiple Intelligence Theory. Meaning of IQ. Assessment of Intelligence.

Unit-III

Personality: Definition and Determinants of Personality; Dimensions of Personality (Big Five Model). Assessment of Personality.

Unit-IV

Motivation and Emotion: Motivation: Meaning, Nature and Types, Maslow's Hierarchy of Needs. Emotions: Meaning, Nature and Types, Basic vs. Complex Emotions, Cultural Influences on Emotions. Managing Emotions.

Suggested Books and References –

1. Psychology, Ciccarelli, S.K., White, J.N., & Misra, G. (2022). New Delhi: Pearson Education
2. Introduction to Psychology, Okon, Abigail Edem (2019), University of Calabar.
3. Introduction to Psychology, Morgan, C.T., King, R.A., & Schopler, J. (2004). New Delhi: Tata McGraw-Hill.

Detailed Syllabus
MDC - PSY-63T-201
Mental Health and Well-Being
Semester-IV

CREDITS: 4

CLASSES PER WEEK: 4

MAXIMUM MARKS: 100

EoSE: 70

CIA: 30

Objective of the Course-

1. To understand the nature of mental health, and also to explore the Stress management and coping strategies.
2. To understand the concept of Happiness and well-being.
3. To learn about Positive Cognitive States and Process.
4. To understand the concept of Virtues and Strengths of Character.

Course Learning Outcomes:

By the end of the course, students will be able to:

1. Critically analyse the concepts related to mental health across the life span.
2. Understand the concepts of Happiness and well-being.
3. Develop an understanding of processes related to positive cognitive states.
4. Understand the concept of Virtues and Strengths of Character.

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Unit-I

Mental Health: Definition and Scope of Mental Health, Mental Health Across the Lifespan, Mental Health Promotion and Prevention, Stress management and coping strategies

Unit-II

Happiness & Well-Being: Meaning, Hedonic and Eudaimonist Viewpoint; Positive and Negative Affect, Determinants and Sources; Authentic Happiness; Enhancement of Happiness and Well-Being.

Unit-III

Positive Cognitive States and Processes: Self-efficacy, Optimism, Hope, Mindfulness, Flow and Spirituality.

Unit-IV

Virtues and Strengths of Character: Classification and Measures of Human Strengths, Gallup's Clifton Strength Finder; VIA Classification; Identifying Personal Strengths.

Suggested Books and References –

1. Positive Psychology: Concepts, Emerging Trends and Applications, Jain, Madhu (2015), Pearson Education India.
2. Abnormal Psychology, Hooley, J.M., Butcher, J.N., Nock, M.K. K. & Mineka, S. (2019). Noida: Pearson India Education
3. Baumgardner, S. Crothers, M. (2009). Positive Psychology. New Delhi: Pearson Education

Detailed Syllabus
MDC - PSY-75T-301
Emerging trends in psychology
Semester V

CREDITS: 4

CLASSES PER WEEK: 4

MAXIMUM MARKS: 100

EoSE: 70

CIA: 30

Objectives-

1. To acquaint the student with the nature and concept of community psychology.
2. To understand the concept and principles of Sports Psychology.
3. To help students understand the concept of Military Psychology.
4. To make students able to understand the basic concepts of Psychology of Information Technology and Mass Media

Course learning outcomes

By the end of the course, students will be able to:

1. Integrate the knowledge of community psychology.
2. Develop an understanding of the concept and principles of Sports Psychology
3. Comprehend the basic concept of military psychology.
4. Understand the basic concepts of Psychology of Information Technology and Mass Media

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UNIT-I

Community Psychology: Concept, Social Change, Social Action, Leadership in Group Decision Making, Arousing Community Consciousness.

UNIT- II

Sports Psychology: Meaning, Nature and Scope; Psychological Interventions, Team Sports Rehabilitation of Injured Athletes.

UNIT-III

Military Psychology: Mental Health of Army Personnel, Psychological Tests for Selection and Training; Psychological Interventions.

UNIT IV

Psychology of Information Technology and Mass Media: Understanding Wellbeing and Human Rights through Information Technology; Media Violence, Media Management, Cyber Crime.

Reference Books-

1. Swain, S. (2010). Applied Psychology, India Specific and Cross-Cultural Approaches. New Delhi: Kalyani Publication.
2. Singh, S. (2008). Psychology of Sports Performance: Applications, Interventions and Methods, New Delhi: Global Vision.
3. Graham, D. (2011). Applied Psychology. British Psychological Society and Blackwell publication.