

SYLLABI AND SCHEME OF EXAMINATIONS
FOR
MULTIDISCIPLINARY COURSES (MDC)
FOR
UNDERGRADUATE PROGRAMES

(Based on Curriculum and Credit Framework and formative assessment guidelines for UG Programs under NEP 2020)



MAHARSHI DAYANAND UNIVERSITY
ROHTAK (HARYANA)

Syllabi and Scheme of Examinations for Multidisciplinary Courses (MDC) of Under Graduate

Multidisciplinary Courses (MDC)	TYPE OF PROGRAM			Credits Distribution			Total Credits	Workload			Total Workload	
	SINGLE MAJOR PROGRAM	Nomenclature of Course	Course Code	L	T	P		L	T	P		Total Marks (Formative Assessment)
	SEMESTER											
MDC 1 @ 3 credits	1	Blood Pressure, Hypertension & Exercise	25PSEX01MD01	2	0	1	3	2	0	2	4	75
MDC 2 @ 3 credits	2	National Sports Day	25PSEX02MD01	2	0	1	3	2	0	2	4	75
MDC 3 @ 3 credits	3	National Sports Policy (2025)	26PSEX03MD01	2	0	1	3	2	0	2	4	75

L: Lecture; T: Tutorial; P: Practical

Syllabi for Multidisciplinary Courses (MDC) Under Graduate Programs

Semester: I

Name of Program	B.P.E.S	Program Code	USPED4
Name of the Course	Blood Pressure, Hypertension & Exercise	Course Code	25PSEX01MD01
Hours per Week	02 Hours	Credits	02 (L:2,T:0,P:1)
Maximum Marks	75		
Note: Distribution of Marks will be as follows:			
Written test (2x10)		20	
Lab Work (practical file)/ Field work (report)/ Portfolio		20	
Assignment/ Case study/ Mini project (2x10)		20	
Seminar/ Presentation		10	
Attendance		05	
Total:		75	
Course Learning Outcomes (CLO): CLO1: The students will be able to define blood pressure and hypertension, and differentiate between their types and symptoms. CLO2: The students will be able to identify the causes, risk factors, and harmful effects of high blood pressure and hypertension on the human body. CLO3: The students will be able to explain how exercise, yoga, and breathing techniques help in regulating and managing blood pressure. CLO4: The students will be able to plan safe and effective exercise routines for hypertensive individuals with necessary precautions.			
Unit 1: Blood Pressure & Hypertension – Concepts and Effects • Meaning and Definition of Blood Pressure • Types of Blood Pressure • Meaning and Definition of Hypertension • Types of Hypertension • Causes of High Blood Pressure and Hypertension • Symptoms of Hypertension • Bad Effects of High BP & Hypertension on Human Body • Risk Factors on Human Body			
Unit 2: Exercise and Management of Blood Pressure & Hypertension • Regulation of Blood Pressure • Relationship Between Exercise and Blood Pressure • Relationship Between Exercise and Hypertension • Role of Exercise in Controlling Hypertension • Types of Exercises Beneficial for BP and Hypertension • Role of Meditation, Yoga, and Breathing Exercises • Precautions During Exercise for Hypertensive Individuals			
References: 1. Sharma, V. M. (2019). Exercise Physiology and Health Management. Sports Publication. 2. Yadav, R. (2017). Health Education and Yoga. Friends Publications India. 3. Jain, R. (2018). Applied Physiology and Sports Health. Khel Sahitya Kendra. 4. Satyananda Saraswati, S. (2008). Asana Pranayama Mudra Bandha. Bihar School of Yoga. 5. Bhambri, P. (2016). Health and Wellness through Physical Activities. Sports Publication.			

Name of Program	B.P.E.S	Program Code	USPED4
Name of the Course	Practical: (Blood Pressure, Hypertension & Exercise)	Course Code	25PSEX01MD01
Hours per Week	02 Hours	Credits	01 (L:2,T:0,P:1)
Course Learning Outcomes (CLO): CLO1: The students will be able to measure blood pressure using a digital or manual sphygmomanometer. CLO2: The students will be able to perform basic aerobic exercises like walking, cycling, and jogging for improving cardiovascular health. CLO3: The students will be able to follow guided meditation and breathing techniques for managing hypertension. CLO4: The students will be able to design and follow a safe exercise routine combining aerobic, stretching, and relaxation practices for hypertensive individuals.			
Practical Contents • Measurement of Blood Pressure – Using digital or manual sphygmomanometer. • Cycling (Stationary or Field) – 15–20 minutes moderate-intensity aerobic session. • Low-Impact Aerobic Routine – Light jogging, side steps, arm swings (10–15 minutes). • Brisk Walking – 20–30 minutes regular walking to improve vascular health. • Guided Meditation for Hypertension Control – Breathing and body awareness (10 mins). • Exercise-Based Hypertension Control Routine – Combination of walking, stretching, breathing.			
References: 1. Sharma, V. M. (2019). Exercise Physiology and Health Management. Sports Publication. 2. Yadav, R. (2018). Health and Physical Education with Yoga. Friends Publications India. 3. Jain, R. (2017). Applied Yoga and Health Education. Khel Sahitya Kendra. 4. Satyananda Saraswati, S. (2008). Asana Pranayama Mudra Bandha. Bihar School of Yoga. 5. Bhambri, P. (2020). Wellness through Lifestyle and Fitness. Sports Publication.			

Semester: II

Name of Program	B.P.E.S	Program Code	USPED4
Name of the Course	National Sports Day	Course Code	25PSEX02MD01
Hours per Week	02 Hours	Credits	02 (L:2,T:0,P:1)
Maximum Marks	75		
Note: Distribution of Marks will be as follows:			
Written test (2x10)		20	
Lab Work (practical file)/ Field work (report)/ Portfolio		20	
Assignment/ Case study/ Mini project (2x10)		20	
Seminar/ Presentation		10	
Attendance		05	
Total:		75	
Course Learning Outcomes (CLO):			
CLO1: The students will be able to explain the meaning, importance, and significance of National Sports Day in India.			
CLO2: The students will be able to describe the life, achievements, and legacy of Major Dhyan Chand and other honored sportspersons.			
CLO3: The students will be able to discuss how sports promote physical fitness, health, discipline, and social values.			
CLO4: The students will be able to analyze the role of sports in national integration and the contribution of schools and media in promoting sporting culture.			
Unit 1: Introduction to National Sports Day			
• Meaning and Importance of National Sports Day in India • Date of Celebration – 29 August and Its Significance • Life and Achievements of Major Dhyan Chand – The Hockey Wizard • Role of National Sports Day in Promoting Physical Fitness • Other Famous Indian Sportspersons Honoured on National Sports Day (Arjuna Awardee, Major Dhyan Chand Khel Ratna Awardee, and Dronacharya Awardee)			
Unit 2: Sports & National Integration			
• Sports Contribute to Character Building and Discipline • Importance of Sports in Curriculum • Health Benefits of Regular Physical Activity and Sports • Sports as Social Cohesion • Role of Media and Schools in Celebrating National Sports Day • Values Learned Through Sports: Teamwork, Leadership, Respect			
References:			
1. Sharma, V. M. (2018). Physical Education and Sports for All. Sports Publication. 2. Jain, R. (2017). Values of Sports and National Integration. Khel Sahitya Kendra. 3. Bedi, Y. P. (2016). History of Physical Education and Sports in India. Sports Publication. 4. Yadav, R. (2019). Health, Physical Education and Sports. Friends Publications India. 5. Majumdar, B. (2008). The Illustrated History of Indian Sport. Penguin Books India.			

Name of Program	B.P.E.S	Program Code	USPED4
Name of the Course	Practical: (National Sports Day)	Course Code	25PSEX02MD01
Hours per Week	02 Hours	Credits	01 (L:2,T:0,P:1)
Course Learning Outcomes (CLO): CLO1: The students will be able to organize and participate in mini sports meets, parades, and fitness activities to promote physical awareness. CLO2: The students will be able to conduct creative and informative events such as quizzes and poster-making to honor Indian sports legends. CLO3: The students will be able to engage in traditional Indian games to promote cultural heritage through sports. CLO4: The students will be able to promote fitness and well-being through yoga sessions, physical assessments, and awareness initiatives like the Fit India Pledge.			
Practical Contents • Organizing a Mini Sports Meet or Athletic Events in College/School • Conducting a Quiz or Poster-Making Competition on Indian Sports Legends • Group March Past or Parade in Honour of Major Dhyan Chand • Fitness Assessment and Awareness Activities (e.g., push-ups, sit-ups, BMI check) • Playing Traditional Indian Games (e.g., Kho-Kho, Kabaddi, Gilli Danda) • Screening of Sports Documentaries or Films Related to Indian Athletes • Organizing a “Fit India Pledge” or Group Yoga Session			
References: 1. Sharma, V. M. (2019). Physical Education and Sports Activities. Sports Publication. 2. Jain, R. (2018). Traditional Games and Physical Activities of India. Khel Sahitya Kendra. 3. Yadav, R. (2020). Health and Physical Education with Yoga. Friends Publications India. 4. Bedi, Y. P. (2017). Modern Approach to Sports and Games. Sports Publication. 5. Majumdar, B. (2006). Olympics: The India Story. HarperCollins India.			

Semester: III

Name of Program	B.P.E.S	Program Code	USPED4
Name of the Course	National Sports Policy (2025)	Course Code	26PSEX03MD01
Hours per Week	02 Hours	Credits	02 (L:2,T:0,P:1)
Maximum Marks	75		
Note: Distribution of Marks will be as follows:			
Written test (2x10)		20	
Lab Work (practical file)/ Field work (report)/ Portfolio		20	
Assignment/ Case study/ Mini project (2x10)		20	
Seminar/ Presentation		10	
Attendance		05	
Total:		75	
Course Learning Outcomes (CLO):			
CLO1: The students will be able to describe the historical background and evolution of National Sports Policies of India (1984, 2001, 2025).			
CLO2: The students will be able to explain the vision, objectives, and core components of the National Sports Policy 2025.			
CLO3: The students will be able to analyze the policy's impact on India's sporting performance at the global level.			
CLO4: The students will be able to examine how sports contribute to economic growth, social development, peace, and national unity as envisioned in the National Sports Policy 2025.			
Unit 1: National Sports Policy and Global Excellence			
• Historical Background of National Sports Policies (1984, 2001, 2025) • Vision & Objectives of the National Sports Policy (2025) • Components of National Sports Policy (2025) • Nations Excellence at Global Stage			
Unit 2: Sports as a Tool for Development and Peace			
• Sports for economic development • Sports for social development • Sports for peace • Sports a people's movement • Major focus area of National Sports Policy (2025)			
References:			
1. Sharma, V. M. (2019). Indian Sports System and Policies. Sports Publication. 2. Bedi, Y. P. (2017). Sports Policy and Development in India. Sports Publication. 3. Jain, R. (2020). National Sports Policy and Physical Education. Khel Sahitya Kendra. 4. Yadav, R. (2021). Development of Physical Education and Sports in India. Friends Publications India. 5. Majumdar, B. (2016). India and the Olympic Games: Policy, Politics and Performance. Routledge India.			

Name of Program	B.P.E.S	Program Code	USPED4
Name of the Course	Practical: (National Sports Policy (2025))	Course Code	26PSEX03MD01
Hours per Week	02 Hours	Credits	01 (L:2,T:0,P:1)
Course Learning Outcomes (CLO): CLO1: The students will be able to organize and present a seminar highlighting the key features and focus areas of the National Sports Policy 2025. CLO2: The students will be able to plan and conduct a mock school/college-level talent search event inspired by Khelo India. CLO3: The students will be able to prepare a detailed project report on any one scheme under NSP 2025, such as Fit India or TOPS. CLO4: The students will be able to demonstrate leadership, coordination, and communication skills while organizing policy-related sports initiatives.			
Practical Contents - Organize a seminar/presentation on National Sports Policy 2025 - Conduct a mock Khelo India school/college-level talent search event - Create a project report on any one scheme under NSP 2025 (e.g., Fit India or TOPS)			
References: - Sharma, V. M. (2022). Indian Sports Policies and Schemes. Sports Publication. - Jain, R. (2021). National Sports Policy: A New Era in Indian Sports. Khel Sahitya Kendra. - Yadav, R. (2020). Contemporary Issues in Physical Education and Sports. Friends Publications India. - Bedi, Y. P. (2019). Sports Development and Management in India. Sports Publication. - Majumdar, B. (2016). India and the Olympic Games: Policy, Politics and Performance. Routledge India.			