

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)

To be applicable on the students w.e.f. session 2026-27 (1st semester onwards)

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

Multidisciplinary Courses (MDC)	TYPE OF PROGRAM	Nomenclature of Course	Course Code	Credits Distribution			Total Credits	Workload			Total Workload	Marks		Total Marks	
				L	T	P		L	T	P		Theory			Practical
	SEMESTER			Internal	External	Formative assessment									
MDC 1 @ 3 credits	1	Haryana Culture	26PHSX01MD01	2	0	1	3	2	0	2	4	15	35	25	75
MDC 2 @ 3 credits	2	Introduction to Exercise	26PHSX02MD01	2	0	1	3	2	0	2	4	15	35	25	75
MDC 3 @ 3 credits	3	Balance Diet	27PHSX03MD01	2	0	1	3	2	0	2	4	15	35	25	75

L: Lecture; T: Tutorial; P: Practical

Syllabi for Multidisciplinary Courses (MDC) Under Graduate Programs

Semester: I

Name of Program		Program Code	
Name of the Course	Haryana Culture	Course Code	27PHSX01MD01
Hours per Week	02 Hours	Credits	02 (L:2,T:0,P:1)
Maximum Marks	75(Formative Assessment)		
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):			
After completing this course, the learner will be able to:			
CLO1 Explain the concept, historical background, and key features of Haryana culture.			
CLO2: Describe the folk traditions of Haryana, including dances, music, arts, and handicrafts.			
CLO3 Identify the social life, customs, food habits, dress, fairs, and festivals of Haryana.			
CLO4: Analyze the cultural heritage of Haryana and assess the impact of modernization on its preservation and promotion.			
Unit 1: Introduction to Haryana Culture			
<ul style="list-style-type: none"> • Meaning and concept of culture • Geographical location and historical background of Haryana • Evolution of Haryana's culture • Characteristics and features of Haryana culture • Cultural regions of Haryana 			
Unit 2: Folk Traditions of Haryana			
<ul style="list-style-type: none"> • Folk dances of Haryana (Dhamal, Phag, Khorla, Gugga, Jhumar) • Folk music and musical instruments of Haryana • Folk songs related to festivals, seasons, and life cycle • Folk arts and handicrafts of Haryana 			
Unit 3: Social Life and Customs of Haryana			
<ul style="list-style-type: none"> • Social structure and community life • Food habits, traditional dress, and ornaments • Fairs and festivals of Haryana • Customs, rituals, and ceremonies 			
Unit 4 Cultural Heritage and Contemporary Haryana			
<ul style="list-style-type: none"> • Cultural heritage sites of Haryana • Sports and physical culture as part of Haryana culture • Impact of modernization and globalization on Haryana culture • Preservation and promotion of Haryana culture 			
References:			
<ol style="list-style-type: none"> 1. Dahiya, R. S. (2020). Haryana: Culture, society and traditions. Rawat Publications. 2. Kundu, S. N. (2021). Folk culture of Haryana. Haryana Sahitya Akademi. 3. Siwach, J. R. (2022). History and culture of Haryana. Manohar Publishers. 4. Yadav, K. C. (2023). Cultural heritage of Haryana. Suruchi Prakashan. 5. Chopra, P. N. (2020). History, culture and society of Haryana. Prabhat Prakashan. 			

Practical

Name of Program		Program Code	
Name of the Course	Practical (Haryana Culture)	Course Code	27PHSX01MD01
Hours per Week	02 Hours	Credits	01 (L:2,T:0,P:1)
Course Learning Outcomes (CLO):			
CLO1: Explain the geographical background, historical evolution, and key characteristics of Haryana culture through project work and case studies.			
CLO2: Demonstrate and identify major folk dances, folk music, and traditional musical instruments of Haryana with proper cultural context.			
CLO3: Analyze social life, customs, fairs, festivals, folk arts, and handicrafts of Haryana using surveys, charts, and presentations.			
CLO4: Evaluate the cultural heritage of Haryana and assess the impact of modernization and globalization on its traditional culture.			
<ol style="list-style-type: none"> 1. Preparation of Project File on Haryana Culture – Project covering geographical background, evolution, characteristics, and cultural regions of Haryana. 2. Demonstration / Performance of Haryana Folk Dances – Practical demonstration of selected folk dances such as Dhamal, Phag, Jhumar, Gugga, or Khoria (solo/group). 3. Identification of Folk Music and Musical Instruments – Identification and explanation of folk songs and traditional musical instruments of Haryana using charts or audio-visual aids. 4. Poster / Chart Making on Folk Arts and Handicrafts – Charts depicting folk arts, handicrafts, traditional attire, ornaments, and rural life of Haryana. 5. Case Study on Fairs and Festivals of Haryana – Study of major fairs and festivals highlighting customs, rituals, and social significance. 6. Survey / Assignment on Social Life and Customs – Survey or written assignment on food habits, dress, ceremonies, and community life in Haryana. 7. Seminar / Presentation on Cultural Heritage and Modern Influences – Presentation on heritage sites, sports culture, and the impact of modernization and globalization on Haryana culture. 			
References:			
<ol style="list-style-type: none"> 1. Kumar, R. (2012). Cultural heritage of Haryana. New Delhi, India: Anmol Publications. 2. Sharma, S. (2015). Folk culture of Haryana. Chandigarh, India: Haryana Sahitya Akademi. 3. Yadav, J. P. (2010). History and culture of Haryana. Hisar, India: Haryana Historical Society. 4. Malik, S. (2018). Traditions and customs of Haryana. New Delhi, India: Kanishka Publishers. 5. Bansal, S. (2016). Folk dances and music of North India. New Delhi, India: National Book Trust. 6. Government of Haryana. (2019). Haryana at a glance: Culture and heritage. Chandigarh, India: Department of Information and Public Relations. 			

Semester: II

Name of Program		Program Code	
Name of the Course	Introduction to Exercise	Course Code	27PHSX02MD01
Hours per Week	02 Hours	Credits	02 (L:2,T:0,P:1)
Maximum Marks	75 (Formative Assessment)		
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):			
After completing this course, the learner will be able to:			
CLO1: Explain the concept, meaning, importance, and benefits of exercise in relation to health and physical fitness.			
CLO2: Identify and classify the different types of exercises and understand their purpose and application.			
CLO3: Demonstrate knowledge of general fitness exercises and explain their role in improving overall physical fitness.			
CLO4: Understand and apply the principles of strength exercises for muscular development and injury prevention.			
Unit 1: Introduction to Human Values			
<ul style="list-style-type: none"> • Meaning and definition of exercise • Importance of exercise in daily life • Exercise and health relationship • Principles of exercise • Role of exercise in physical fitness and well-being 			
Unit 2: Types of Exercise			
<ul style="list-style-type: none"> • Classification of exercises • Aerobic and anaerobic exercises • Isometric, isotonic, and isokinetic exercises • Flexibility and stretching exercises • Recreational and sports-specific exercises 			
Unit 3: General Fitness Exercises			
<ul style="list-style-type: none"> • Concept of general fitness • Components of fitness: strength, endurance, flexibility, speed, and coordination • Warm-up and cool-down exercises • General fitness exercise programmes • Safety measures during fitness exercises 			
Unit 4: Strength Exercises			
<ul style="list-style-type: none"> • Meaning and importance of strength • Types of strength: maximum, explosive, and endurance strength • Strength training methods • Body-weight and resistance exercises • Precautions and safety measures in strength training 			
References:			
1. Singh, H. (2014). Physical education, health and fitness. New Delhi, India: Friends Publications.			
2. Sharma, O. P. (2016). Health education and physical education. New Delhi, India: Khel Sahitya Kendra.			
3. Bucher, C. A., & Krotee, M. L. (2013). Foundations of physical education and sport. New Delhi, India: McGraw Hill Education (Indian Edition).			
4. Verma, J. P. (2017). Exercise physiology and fitness. Meerut, India: Prakash Brothers.			
5. Singh, A., & Singh, R. (2015). Physical fitness, wellness and lifestyle. New Delhi, India: Kanishka Publishers.			
6. Kamlesh, M. L. (2011). Methodology of physical education. New Delhi, India: Friends Publications.			

Practical

Name of Program		Program Code	
Name of the Course	Practical (Haryana Culture)	Course Code	27PHSX01MD01
Hours per Week	02 Hours	Credits	01 (L:2,T:0,P:1)
Course Learning Outcomes (CLO):			
CLO1: Apply appropriate warm-up, cool-down, aerobic, anaerobic, flexibility, and strength exercises to improve overall physical fitness and prevent injuries.			
CLO2: Perform different types of muscle contractions and fitness exercises with correct posture, breathing techniques, and safety precautions.			
CLO3: Design and execute a basic general fitness programme incorporating strength, endurance, flexibility, speed, and coordination components.			
CLO4: Demonstrate safe and effective use of body-weight and resistance exercises for health-related and performance-related fitness.			
<ol style="list-style-type: none"> 1. Demonstration of Warm-up and Cool-down Exercises – Performing general and activity-specific warm-up and cool-down exercises with emphasis on safety and injury prevention. 2. Demonstration of Aerobic and Anaerobic Exercises – Practical performance of walking, jogging, skipping (aerobic) and sprinting, jumping, circuit drills (anaerobic). 3. Demonstration of Types of Muscle Contractions – Performing isometric, isotonic, and isokinetic exercises using body weight or simple resistance. 4. Demonstration of Flexibility and Stretching Exercises – Static and dynamic stretching exercises for major muscle groups. 5. General Fitness Exercise Programme – Preparation and performance of a simple general fitness programme including strength, endurance, flexibility, speed, and coordination exercises. 6. Demonstration of Body-Weight and Resistance Strength Exercises – Push-ups, squats, lunges, planks, and resistance band or light weight exercises. 7. Demonstration of Safety Measures and Precautions in Exercise Training – Correct posture, breathing techniques, spotting methods, and safety rules during fitness and strength exercises. 			
References:			
<ol style="list-style-type: none"> 1. Singh, H. (2018). Science of sports training. New Delhi: DVS Publications. 2. Kansal, D. K. (2016). Test and measurement in sports and physical education. New Delhi: DVS Publications. 3. Sharma, O. P. (2017). Health education and physical education. New Delhi: Khel Sahitya Kendra. 4. Verma, J. P. (2015). Sports training methods. New Delhi: Friends Publications. 5. Singh, A. J. (2019). Physical education, health and fitness. New Delhi: Khel Sahitya Kendra. 6. Bucher, C. A., & Prentice, W. E. (2018). Fitness and wellness. New Delhi: McGraw Hill Education India. 			

Semester: III

Name of Program		Program Code	
Name of the Course	Balance Diet	Course Code	28PHSX03MD01
Hours per Week	02 Hours	Credits	02 (L:2,T:0,P:1)
Maximum Marks	75 (Formative Assessment)		
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):			
After completing this course, the learner will be able to:			
CLO1: Explain the concept and importance of a balanced diet for maintaining health and fitness.			
CLO2: Describe nutrients, their functions, and sources in the human diet.			
CLO3: Identify the dietary requirements of different age groups and sportspersons.			
CLO4: Apply the principles of meal planning and recognize common nutritional deficiencies.			
Unit-I: Introduction to Balanced Diet			
<ul style="list-style-type: none"> • Meaning and definition of Balanced Diet • Importance of balanced diet for health and fitness • Components of balanced diet • Relationship between nutrition, health, and physical activity 			
Unit-II: Nutrients and Their Functions			
<ul style="list-style-type: none"> • Macronutrients: carbohydrates, proteins, and fats • Micronutrients: vitamins and minerals • Functions of nutrients in the body • Sources of various nutrients 			
Unit-III: Balanced Diet for Different Groups			
<ul style="list-style-type: none"> • Balanced diet for children and adolescents • Balanced diet for adults • Balanced diet for sportspersons and physically active individuals • Balanced diet for elderly people 			
Unit-IV: Meal Planning and Nutritional Problems			
<ul style="list-style-type: none"> • Principles of meal planning • Balanced diet chart • Common nutritional deficiencies and their prevention • Role of balanced diet in disease prevention 			
References:			
<ol style="list-style-type: none"> 1. Gopalan, C., Rama Sastri, B. V., & Balasubramanian, S. C. (2012). Nutritive value of Indian foods. National Institute of Nutrition, ICMR. 2. Bamji, M. S., Rao, N. P., & Reddy, V. (2016). Textbook of human nutrition. Oxford & IBH Publishing Co. 3. Swaminathan, M. (2011). Essentials of food and nutrition (Vol. 1 & 2). Bappco Publishers. 4. Khanna, K., Gupta, S., Seth, R., Mahna, R., Rekhi, T., & Puri, P. (2018). The art and science of nutrition. Elite Publishing House. 5. Sharma, S. (2015). Nutrition and dietetics. Kalyani Publishers. 6. Manjunatha, K., & Krishnamurthy, M. (2017). Nutrition for health and physical education. Friends Publications. 			

Practical

Name of Program		Program Code	
Name of the Course	Practical (Balance Diet)	Course Code	28PHSX03MD01
Hours per Week	02 Hours	Credits	01 (L:2,T:0,P:1)
Course Learning Outcomes (CLO):			
CLO1: Understanding of major food groups and nutrients and their roles in maintaining health, fitness, and physical activity.			
CLO2: Ability to prepare balanced diet charts and meal plans for different age groups and activity levels based on nutritional principles.			
CLO3: Awareness of nutritional requirements of sportspersons and the relationship between diet, energy needs, and performance.			
CLO4: Knowledge of common nutritional deficiency diseases, calorie requirements, and evaluation of dietary habits for disease prevention and health promotion.			
<ol style="list-style-type: none"> 1. Identification of Food Groups and Nutrients – Identification of food items rich in carbohydrates, proteins, fats, vitamins, and minerals using charts, models, or real food samples. 2. Preparation of a Balanced Diet Chart – Preparation of a one-day balanced diet chart for a normal adult based on recommended dietary principles. 3. Meal Planning for Different Age Groups – Planning balanced meals for children, adolescents, adults, sportspersons, and elderly people. 4. Preparation of Balanced Diet for Sportspersons – Designing a balanced diet plan for a physically active individual considering energy, protein, and hydration needs. 5. Identification of Nutritional Deficiency Diseases – Identification of common nutritional deficiency diseases (anaemia, rickets, scurvy, goitre) with their causes and preventive measures. 6. Calculation of Daily Calorie Requirement – Estimation of daily energy requirement based on age, gender, and physical activity level. 7. Survey / Assignment on Dietary Habits – Survey of daily food intake of students or community members and evaluation of nutritional adequacy. 			
References:			
<ol style="list-style-type: none"> 1. Gopalan, C., Rama Sastri, B. V., & Balasubramanian, S. C. (2012). Nutritive value of Indian foods. National Institute of Nutrition, ICMR. 2. Bamji, M. S., Rao, N. P., & Reddy, V. (2016). Textbook of human nutrition. Oxford & IBH Publishing Co. 3. Swaminathan, M. (2011). Essentials of food and nutrition (Vol. 1 & 2). Bappco Publishers. 4. Khanna, K., Gupta, S., Seth, R., Mahna, R., Rekhi, T., & Puri, P. (2018). The art and science of nutrition. Elite Publishing House. 5. Sharma, S. (2015). Nutrition and dietetics. Kalyani Publishers. 6. Manjunatha, K., & Krishnamurthy, M. (2017). Nutrition for health and physical education. Friends Publications. 			