



Maharaja Surajmal Brij University

Bharatpur (Rajasthan)

Syllabus

Multidisciplinary Course

Subject: Psychology

Semester – V

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प्रभारी अकादमिक प्रथम

Semester – V

Semester: V
MDC- PSYCHOLOGY
Applied Psychology (Multidisciplinary Course)
Course Code: MDC-PSY-10T-3001
Level: Undergraduate (UG)

Total Credits: 04

Total Teaching Hours: 60

Course Objectives

To introduce students from diverse disciplines to basic psychological principles.
To understand human behavior in real-life contexts.
To apply psychological concepts in health, education, workplace, and society.
To develop critical thinking, emotional intelligence, and interpersonal skills.

Learning Outcomes

After completing the course, students will be able to:
Understand fundamental concepts of applied psychology.
Apply psychological knowledge in everyday life situations.
Analyze behavior in social, educational, and professional settings.
Demonstrate problem-solving and decision-making skills.
Exhibit awareness of mental health and well-being.

Assessment Methods

A. Continuous Assessment (CA) – 20%
B. End of Semester Examination (EoSE) – 80%
Theory-based exam (descriptive + short answers)

Unit I: Introduction to Applied Psychology

(15 Hours)

Meaning, nature, and scope of Applied Psychology
Fields: Clinical, Educational, Industrial, Social Psychology
Methods in Psychology: Observation, Experiment, Case Study

Unit II: Human Behavior and Cognition

(15 Hours)

Perception and Attention
Learning: Classical & Operant Conditioning
Memory and Forgetting
Intelligence and Individual Differences

Unit III: Personality and Motivation

(15 Hours)

Theories of Personality (Freud, Trait Theory)
Motivation: Types and Theories
Emotional Intelligence and Self-Regulation



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Unit IV: Mental Health and Well-being and Applied Psychology in Everyday Life. (15 Hours)

Mental Health: Concept and Importance
Stress and Coping Strategies
Common Psychological Disorders (overview)
Positive Psychology and Well-being
Education: Learning strategies and student behavior
Workplace: Leadership, teamwork, motivation
Health: Behavioral health and lifestyle
Social Issues: Attitudes, prejudice, and communication

Teaching-Learning Process (TLP)

Interactive lectures
Experiential learning
Case-based learning
Group activities and presentations
ICT-enabled teaching

Skill Enhancement Components

Critical thinking
Emotional intelligence
Communication skills
Problem-solving ability
Ethical awareness

Suggested Readings

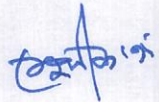
Baron, R. – Psychology
Feldman, R. – Understanding Psychology
Ciccarelli & White – Psychology
NCERT Psychology (Class XI & XII)

Alignment with NEP 2020

Multidisciplinary approach
Skill-based learning
Flexibility and choice-based credit system
Outcome-based education (LOCF)

Multidisciplinary Relevance

This course is beneficial for students of: Science (health & neuroscience understanding), Commerce (organizational behavior, HR), Arts (social behavior, communication) Education (learning processes).


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