

N.C. JINDAL PUBLIC SCHOOL

PUNJABI BAGH, NEW DELHI

ANNUAL CURRICULUM (2025-2026)

Class : XII	Subject: Psychology	Subject Teacher (Prepared By): Ms. Latika Grover			Designation : PGT-Psychology
Academic Book	Chapter Name	Chapter Topic / Sub Topic	Start Date	End Date	No. of Periods
PSYCHOLOGY (NCERT)	Chapter 3: Meeting Life Challenge	1. Introduction	01/04/25	03/04/25	10
		2. Nature, Types and Sources of Stress			
		3. Effects of Stress on Psychological Functioning and Health • Stress and Health • General Adaptation Syndrome • Stress and Immune System • Lifestyle	04/04/25	09/04/25	
		4. Coping with Stress • Stress Management Techniques	11/04/25	19/04/25	
		5. Promoting Positive Health and Well-being Life Skills • Positive Health			
PSYCHOLOGY (NCERT)	Chapter 1 : Variation in Psychological Attributes	1. Introduction	21/04/25	24/04/25	19
		2. Individual Differences in Human Functioning			
		3. Assessment of Psychological Attributes			
		4. Intelligence	25/04/25	30/04/25	
		5. Psychometric Theories of Intelligence, Information Processing Theory: Planning, Attention-arousal and Simultaneous Successive Model of Intelligence, Triarchic Theory of Intelligence; Theory of Multiple Intelligences.	01/05/25	05/05/25	
		6. Individual Differences in Intelligence	06/05/25	16/05/25	
		7. Culture and Intelligence			
		8. Emotional Intelligence			
		9. Special Abilities: Aptitude: Nature and Measurement			
		10. Creativity			
PSYCHOLOGY (NCERT)	Chapter 2: Self and Personality	1. Introduction	01/07/25	10/07/25	24
		2. Self and Personality			
		3. Concept of Self			
		4. Cognitive and Behavioral aspects of Self 32 Periods	11/07/25	18/07/25	
		5. Culture and Self			
		6. Concept of Personality	19/07/25	24/07/25	
		7. Major Approaches to the Study of Personality • Type Approaches • Trait Approaches • Psychodynamic Approach and Post Freudian Approaches • Behavioral Approach • Cultural Approach • Humanistic Approach	28/07/25	31/07/25	
		8. Assessment of Personality • Self- report Measures • Projective Techniques • Behavioral Analysis			

PSYCHOLOGY (NCERT)	Chapter 4: Psychological Disorders	1. Introduction	01/08/25	06/08/25	18
		2. Concepts of Abnormality and Psychological Disorders • Historical Background			
		3. Classification of Psychological Disorders	07/08/25	12/08/25	
		4. Factors Underlying Abnormal Behavior			
		5. Major Psychological Disorders :- • Anxiety Disorders • Obsessive-Compulsive and Related Disorders • Trauma- and Stressor- Related Disorders • Somatic Symptom and Related Disorders • Dissociative Disorders • Depressive Disorder • Bipolar and Related Disorders • Schizophrenia Spectrum and Other Psychotic Disorders • Neurodevelopmental Disorders • Disruptive, Impulse- Control and Conduct Disorders • Feeding and Eating Disorders • Substance Related and Addictive Disorders.	13/08/25	14/08/25	
	18/08/25	22/08/25			
		25/08/25	29/08/25		
PSYCHOLOGY (NCERT)	Chapter 5: Therapeutic Approaches	1. Nature and Process of psychotherapy • Therapeutic relationship	01/09/25	04/09/25	13
		2. Types of Therapies • Behavior Therapy • Cognitive Therapy • Humanistic-Existential Therapy • Alternative Therapies • Factors contributing to healing in Psychotherapy • Ethics in Psychotherapy	06/09/25	11/09/25	
		3. Rehabilitation of the Mentally ill	03/10/25	9/10/25	
PSYCHOLOGY (NCERT)	Chapter 6: Attitude and Social Cognition	1. Introduction	13/10/25	15/10/25	28
		2. Explaining Social Behavior			
		3. Nature and Components of Attitudes	16/10/25	17/10/25	
		4. Attitude Formation and Change • Attitude Formation • Attitude Change • Attitude-Behavior Relationship			
		5. Prejudice and Discrimination	24/10/25	31/10/25	
		6. Strategies for Handling Prejudice			
PSYCHOLOGY (NCERT)	Chapter 7 : Social Influence and Group Processes	1. Introduction	03/11/25	04/11/25	15
		2. Nature and Formation of Groups	17/11/25	21/11/25	
		3. Type of Groups			
		4. Influence of Group on Individual Behavior • Social Loafing • Group Polarization	24/11/25	25/11/25	
		REVISION FOR PRE-BOARD EXAMINATION	26/11/25	05/12/25	10

Prepared by Name: Ms. Latika Grover
Subject Coordinator Name: Ms Bharti Pushkarna

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PUNJABI BAGH, NEW DELHI			
Periodic Test/Half Yearly/Annual Exam Curriculum with Marking Scheme : 2025-2026			
Class	XII	Subject : Psychology (037)	
S.No.	PT/Half Yearly/Annual	Chapter/Topic	Max. Marks
1	PT 1	CH-3: Meeting Life Challenges	20
TOTAL MARKS			20
2	PT 2	CH-1: variations In Psychological Attributes	
TOTAL MARKS			20
3	Half Yearly Examination	CH-1: Variations In Psychological Attributes	19
		CH-2: Self & Personality	17
		CH-3: Meeting Life Challenges	14
		CH-4: Psychological Disorders	20
TOTAL MARKS			70
4	PT 3	CH-4: Psychological Disorders	10
		CH-5: Therapeutic Approaches	10
TOTAL MARKS			20
5	PREBOARD I	CH-1: Variations In Psychological Attributes	13
		CH-2: Self & Personality	13
		CH-3: Meeting Life Challenges	9
		CH-4: Psychological Disorders	12
		CH-5: Therapeutic Approaches	9
		CH-6: Social Influence & Group Processes	8
		CH-7: Attitude & Social Cognition	6
TOTAL			70 MARKS