



N. C. JINDAL PUBLIC SCHOOL

ROAD NO.-73, PUNJABI BAGH(W), NEW DELHI-110026

PUNJABI BAGH, NEW DELHI

ANNUAL CURRICULUM (2026-2027)

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 1: Variation in Psychological Attributes	1. Introduction	01/04/26	02/04/26	19
		2. Individual Differences in Human Functioning			
		3. Assessment of Psychological Attributes			
		4. Intelligence	04/04/26	10/04/26	
		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.	15/04/26	18/04/26	
		6. Individual Differences in Intelligence	20/04/26	24/04/26	
		7. Culture and Intelligence			
		8. Emotional Intelligence			
		9. Special Abilities: Aptitude: Nature and Measurement	27/04/26	30/04/26	
		10. Creativity			
PSYCHOLOGY (NCERT)	Chapter 2: Self and Personality	1. Introduction	02/05/26	8/05/26	24
		2. Self and Personality	11/05/26	15/05/26	
		3. Concept of Self			
		4. Cognitive and Behavioral aspects of Self	01/07/26	04/07/26	
		5. Culture and Self			
		6. Concept of Personality			
		7. Major Approaches to the Study of Personality • Type Approaches • Trait Approaches • Psychodynamic Approach and Post Freudian Approaches • Behavioral Approach • Cultural Approach • Humanistic Approach	06/07/26	10/07/26	
		8. Assessment of Personality • Self- report Measures	13/07/26	18/07/26	
		• Projective Techniques • Behavioral Analysis	20/07/26	24/07/26	

PSYCHOLOGY (NCERT)	Chapter 3: Meeting Life Challenge	1. Introduction	27/07/26	31/07/26	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			
		4. Coping with Stress			
		• Stress Management Techniques			
		5. Promoting Positive Health and Well-being • Life Skills • Positive Health			
PSYCHOLOGY (NCERT)	Chapter 4: Psychological Disorders	1. Introduction	17/08/26	21/08/26	18
		2. Concepts of Abnormality and Psychological Disorders • Historical Background			
		3. Classification of Psychological Disorders			
		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.			
PSYCHOLOGY (NCERT)	Chapter 5: Therapeutic Approaches	1. Nature and Process of psychotherapy • Therapeutic Relationship	28/09/26	30/09/26	13
		2. Types of Therapies • Behavior Therapy • Cognitive Therapy • Humanistic-Existential Therapy • Alternative Therapies • Factors contributing to healing in Psychotherapy • Ethics in Psychotherapy	01/10/26	03/10/26	
			05/10/26	09/10/26	
			12/10/26	16/10/26	
		3. Rehabilitation of the Mentally ill			

PSYCHOLOGY (NCERT)	Chapter 6: Attitude and Social Cognition	1. Introduction	21/10/26	23/10/26	12
		2. Explaining Social Behavior			
		3. Nature and Components of Attitudes	27/10/26	30/10/26	
		4. Attitude Formation and Change • Attitude Formation • Attitude Change • Attitude-Behavior Relationship			
		5. Prejudice and Discrimination	02/11/26	06/11/26	
		6. Strategies for Handling Prejudice			
PSYCHOLOGY (NCERT)	Chapter 7: Social Influence and Group Processes	1. Introduction	12/11/26	13/11/26	12
		2. Nature and Formation of Groups	16/11/26	20/11/26	
		3. Type of Groups	23/11/26	27/11/26	
		4. Influence of Group on Individual Behavior • Social Loafing • Group Polarization			
		REVISION FOR PRE-BOARD EXAMINATION	30/11/26	04/12/26	05

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



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Periodic Test/Half Yearly/Annual Exam Curriculum with Marking Scheme : 2026-2027

Class	XII	Subject : Psychology (037)	
S.No.	PT/Half Yearly/Annual	Chapter/Topic	Max. Marks
1	PT 1	CH-1: variations In Psychological Attributes	20
TOTAL MARKS			20
2	PT 2	CH-2: Self & Personality	
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