

**N.C. JINDAL PUBLIC SCHOOL
PUNJABI BAGH, NEW DELHI**

ANNUAL CURRICULUM (2024-2025)

Class : XII	Subject: Psychology	Subject Teacher (Prepared By): Ms. Gurpriya Taneja			Designation : PGT School	
Academic Book	Chapter Name	Chapter Topic / Sub Topic	Term I/II	Start Date	End Date	No. of Periods
PSYCHOLOGY (NCERT)	Chapter 1 : Variation in Psychological Attributes	1. Introduction 2. Individual Differences in Human Functioning 3. Assessment of Psychological Attributes 4. Intelligence 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. 6. Individual Differences in Intelligence 7. Culture and Intelligence 8. Emotional Intelligence 9. Special Abilities: Aptitude: Nature and Measurement 10. Creativity	Term I	1.04.24 8.04.24 15.04 .24 22.04.24	6.04.24 12.04.24 19.04.24 26.04.24	28
PSYCHOLOGY (NCERT)	Chapter 3: Meeting Life Challenge	1. Introduction 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	Term I	29.04.24 6.05.24 13.05.24	4.05.24 10.05.24 17.05.24	21
PSYCHOLOGY (NCERT)	Chapter 2: Self and Personality	1. Introduction 2. Self and Personality 3. Concept of Self 4. Cognitive and Behavioural aspects of Self 32 Periods 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 • Behavioural Approach • Cultural Approach • Humanistic Approach 8. Assessment of Personality • Self- report Measures • Projective Techniques • Behavioural Analysis	Term I	1.07.24 8.07.24 15.07.24 22.07.24	6.07.24 12.07.24 20.07.24 26.07.24	28

PSYCHOLOGY (NCERT)	Chapter 4:: Psychological Disorders	1. Introduction 2. Concepts of Abnormality and Psychological Disorders • Historical Background 3. Classification of Psychological Disorders 4. Factors Underlying Abnormal Behaviour 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	Term I	29.07.24 5.08.24 12.08.24 20.08.24 27.08.24	3.08.24 9.08.24 17.08.24 23.08.24 31.08.24	28
PSYCHOLOGY (NCERT)	Chapter 5: Therapeutic Approaches	1. Nature and Process of psychotherapy • Therapeutic relationship 2. Types of Therapies • Behaviour Therapy • Cognitive Therapy • Humanistic-Existential Therapy • Alternative Therapies • Factors contributing to healing in Psychotherapy • Ethics in Psychotherapy 3. Rehabilitation of the Mentally Ill	Term II	2.09.24 9.09.24 17.09.24	6.09.24 13.09.24 21.09.24	28
PSYCHOLOGY (NCERT)	Chapter 6: Attitude and Social Cognition	1. Introduction 2. Explaining Social Behaviour 3. Nature and Components of Attitudes 4. Attitude Formation and Change • Attitude Formation • Attitude Change • Attitude-Behaviour Relationship 5. Prejudice and Discrimination 6. Strategies for Handling Prejudice	Term II	23.09.24 30.09.24 7.10.24 14.10.24	27.09.24 5.10.24 9.10.24 19.10.24	28
PSYCHOLOGY (NCERT)	Chapter 7 : Social Influence and Group Processes	1. Introduction 2. Nature and Formation of Groups 3. Type of Groups 4. Influence of Group on Individual Behaviour • Social Loafing • Group Polarisation	Term II	21.10.24 4.11.24 11.11.24	26.10.24 8.11.24 16.11.24	14

Prepared by Name :Ms. Gurpriya Taneja
Subject Coordinator Name : Ms Bharti Pushkarna

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Periodic Test/Half Yearly/Annual Exam Curriculum with Marking Scheme : 2024-2025

Class :	XII	Subject : Psychology 037	
S.No.	PT/Half Yearly/Annual	Chapter / Topic	Max. Marks
1	PT 1	Chapter 1 : Variations in Psychological Attributes	20
		Chapter 3:Meeting Life Challenges(till effects of stresson psychological functioning and health)	13
			7
2	PT 2	Chapter 3 : Meeting Life Challenges(from Stress & health till the end)	20
		Chapter 4 :Psychological Disorders	9
			11
3	PT 3	Chapter 4:Psychological Disorders	40
		Chapter 5 :Therapeutic Approaches	25
			15
4	Pre Board I & II	Chapter 1 :Variations in Psychological Attributes	70
		Chapter 3 :Meeting Life Challenges	13
		Chapter 2 :Self and Personality	13
		Chapter 4 :Psychological Disorders	9
		Chapter 5 :Therapeutic Approaches	12
		Chapter 6 : Social Influence and Group Processes	9
		Chapter 7 :Attitude and Social Cognition	8
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