



**Sir Padampat Singhania Education Centre**  
Kamla Nagar, Kanpur

# **Lesson Plan**

## **Session 2025 - 2026**

### **Class: XII**

**Subject** : **Psychology (037)**  
**Book** : NCERT Psychology XIII

**Subject Coordinator**  
Name: Ms. Osheen Kundal

**Head of Department**

Sign:

Sign:



# Sir Padampat Singhania Education Centre

Kamla Nagar, Kanpur

## Yearly Syllabus/Planning overview Session: 2025 - 2026

**Subject:** Psychology

**Class:** XII

**No. of periods:** 117

Month	Assessed In	Lesson/s to be covered	Period Count
April		Variations in Psychological Attributes Practical: <i>Raven's Standard Progressive Matrices</i>	15
May		Self and Personality Project Practical: <i>David's Battery of Differential Abilities;</i> <i>Self-Concept Questionnaire</i> <i>May Test (22/05 - 30/05)</i>	21
June		Summer Break	-
July		Meeting Life Challenges Psychological Disorders Project Practical: <i>Global Adjustment Scale or Sinha's Comprehensive Anxiety Test;</i> <i>Maudsley Personality Inventory</i> <i>July Test (19/07 - 26/07)</i>	28
August		Therapeutic Approaches Attitude and Social Cognition	21
September		Attitude and Social Cognition <i>Practical Examination</i> <i>Half-Yearly Examination (15/09 - 27/09)</i>	10
October		Social Influence and Group Processes	22
November		<i>Pre-Board I (10/11 - 22/11)</i>	
December		<i>Pre-Board II (15/12 - 27/12)</i>	

Subject coordinator:

HOD:



# Sir Padampat Singhanian Education Centre

Kamla Nagar, Kanpur

## Monthly Syllabus/Planning overview Session: 2025- 2026

**Subject:** Psychology

**Class:** XII

**No. of periods:** 117

Month	Date/Week		Lesson/s to be covered in classroom	Period Count
	From	To		
<b>April</b>	16/04	19/04	Variations in Psychological Attributes	3
	21/04	26/04	Variations in Psychological Attributes	6
	28/04	03/05	Variations in Psychological Attributes Practical: <i>Raven's Standard Progressive Matrices</i>	6
<b>May</b>	05/04	10/05	Self and Personality	5
	12/05	17/05	Self and Personality	5
	19/05	24/05	Self and Personality <b>May Test</b>	6
	26/05	31/05	Self and Personality Practical: <i>David's Battery of Differential Abilities</i> Practical: <i>Self-Concept Questionnaire</i>	5
<b>June</b>			<i>Summer Break</i>	-
<b>July</b>	01/07	05/07	Meeting Life Challenges Practical: Project (Interview Analysis+ Report Writing)	5
	07/07	11/07	Meeting Life Challenges Practical: <i>Maudsley Personality Inventory</i>	5
	14/07	19/07	Meeting Life Challenges Psychological Disorders Practical: <i>Maudsley Personality Inventory</i>	6
	21/07	26/07	Psychological Disorders Practical: <i>Global Adjustment Scale or Sinha's Comprehensive Anxiety Test</i> Project work <b>July Test</b>	6
	28/07	02/08	Psychological Disorders Practical: <i>Global Adjustment Scale or Sinha's Comprehensive Anxiety Test</i> <b>July Test</b>	6
<b>August</b>	04/08	08/08	Therapeutic Approaches	5
	05/08	09/08	Therapeutic Approaches	4
	18/08	23/08	Therapeutic Approaches Practical: File Work	6
	25/08	30/08	Attitude and Social Cognition Practical: File Work	6
<b>September</b>	01/09	06/09	Attitude and Social Cognition	5

	08/09	12/09	Revision <i>Practical Examination</i>	5
			<b><i>Half-Yearly Examination (15/09/25- 27/09/25)</i></b>	
<b>October</b>	29/09	04/10	Social Influence and Group Processes	5
	06/10	10/10	Social Influence and Group Processes	4
	13/10	18/10	Social Influence and Group Processes	6
	20/10	25/10	Revision	2
	27/10	01/11	Revision	6
<b>November</b>	10/11	22/11	<b><i>PRE-BOARD I</i></b>	
<b>December</b>	15/12	27/12	<b><i>PRE-BOARD II</i></b>	

Subject coordinator:

HOD:



# Sir Padampat Singhania Education Centre

Kamla Nagar, Kanpur

## Weekly Planning Overview (April)

Session: 2025- 2026

**Subject:** Psychology

**Class:** XII

**No. of periods:** 15

Period	Topic/s to be covered in classroom	Homework	Status (Yes/No) (Reason if No)
<b>WEEK: 16/04 - 19/04</b> <b>18/04/25: Good Friday</b>			<b>Period Count: 3</b>
PD1	<b>VARIATIONS IN PSYCHOLOGICAL ATTRIBUTES</b> <ul style="list-style-type: none"><li>• Introduction</li></ul>		
PD2	<ul style="list-style-type: none"><li>• Individual Differences in Human Functioning</li><li>• Assessments of Psychological Attributes (Some Domains of Psychological Attributes)</li></ul>		
PD3	<ul style="list-style-type: none"><li>• Assessments of Psychological Attributes (Assessment Methods)</li><li>• Theories of Intelligence (Psychometric Approach)</li></ul>		
<b>WEEK: 21/04 - 26/04</b>			<b>Period Count: 6</b>
PD1	<ul style="list-style-type: none"><li>• Theories of Intelligence (Psychometric Approach)</li></ul>		
PD2	<ul style="list-style-type: none"><li>• Theories of Intelligence (Multiple Intelligence)</li></ul>		
PD3	<ul style="list-style-type: none"><li>• Theories of Intelligence (Triarchic Theory)</li></ul>		
PD4	<ul style="list-style-type: none"><li>• Theories of Intelligence (PASS Model)</li></ul>		
PD5	<ul style="list-style-type: none"><li>• Individual Differences in Intelligence (Interplay of Nature and Nurture) (Assessment of Intelligence)</li></ul>		
PD6	<ul style="list-style-type: none"><li>• Individual Differences in Intelligence (Variations of Intelligence)</li></ul>		
<b>WEEK: 28/04 - 03/05</b>			<b>Period Count: 6</b>
PD1	<ul style="list-style-type: none"><li>• Types of Intelligence Tests</li><li>• Some Misuses of intelligence Tests</li></ul>		
PD2	<ul style="list-style-type: none"><li>• Culture and Intelligence</li></ul>		
PD3	<ul style="list-style-type: none"><li>• Emotional Intelligence (Characteristics of Emotionally Intelligent Person)</li><li>• Special Abilities</li></ul>		

PD4	<ul style="list-style-type: none"> <li>• Creativity</li> </ul>		
PD5	<ul style="list-style-type: none"> <li>• Creativity and Intelligence</li> </ul>		
PD6	Revision <b><i>Practical Class</i></b> (Raven's Standard Progressive Matrices)		

Subject coordinator

Supervisor

Principal/V. Principal



# Sir Padampat Singhan Education Centre

Kamla Nagar, Kanpur

## Weekly Planning Overview (May)

Session: 2025- 2026

**Subject:** Psychology

**Class:** XII

**No. of periods:** 21

Period	Topic/s to be covered in classroom	Homework	Status (Yes/No) (Reason if No)
<b>WEEK: 05/05 - 09/05</b>			<b>Period Count: 5</b>
PD1	<b>SELF AND PERSONALITY</b> <ul style="list-style-type: none"> <li>• Introduction</li> <li>• Self and Personality</li> <li>• Concept of Self</li> </ul>		
PD2	<ul style="list-style-type: none"> <li>• Concept of Self</li> <li>• Cognitive and Behavioural Aspects of Self</li> </ul>		
PD3	<ul style="list-style-type: none"> <li>• Cognitive and Behavioural Aspects of Self</li> <li>• Culture and Self</li> </ul>		
PD4	<ul style="list-style-type: none"> <li>• Cognitive and Behavioural Aspects of Self</li> <li>• Culture and Self</li> </ul>		
PD5	<ul style="list-style-type: none"> <li>• Culture and Self</li> <li>• Concept of Personality</li> </ul>		
<b>WEEK: 12/05 - 17/05</b> <b>12/05/25: Buddha Purnima</b>			<b>Period Count: 5</b>
PD1	<ul style="list-style-type: none"> <li>• Concept of Personality</li> <li>• (Personality Related Terms)</li> </ul>		
PD2	<ul style="list-style-type: none"> <li>• Major Approaches to the Study of Personality</li> </ul>		
PD3	<ul style="list-style-type: none"> <li>• Major Approaches to the Study of Personality (Type Approaches)</li> </ul>		
PD4	<ul style="list-style-type: none"> <li>• Major Approaches to the Study of Personality (Trait Approaches- Allport, Cattell)</li> </ul>		
PD5	<ul style="list-style-type: none"> <li>• Major Approaches to the study of Personality (Trait Approaches- Eysenck; Five Factor Model)</li> </ul>		
<b>WEEK: 19/05 - 24/05</b> <b>May Test</b>			<b>Period Count: 6</b>
PD1	<ul style="list-style-type: none"> <li>• Major Approaches to the Study of Personality (Psychodynamic Approach)</li> </ul>		



PD2	<ul style="list-style-type: none"> <li>Major Approaches to the study of Personality (Psychodynamic Approach)</li> </ul>		
PD3	<ul style="list-style-type: none"> <li>Major Approaches to the study of Personality (Psychodynamic Approach)</li> </ul>		
PD4	<ul style="list-style-type: none"> <li>Major Approaches to the study of Personality (Post-Freudian Approaches)</li> </ul>		
PD5	<ul style="list-style-type: none"> <li>Major Approaches to the study of Personality (Behavioural Approach)</li> <li>(Cultural Approach)</li> </ul>		
PD6	<ul style="list-style-type: none"> <li>Major Approaches to the study of Personality (Cultural Approach)</li> <li>(Humanistic Approach)</li> </ul>		
<b>WEEK: 26/05 - 30/05</b> <span style="float: right;"><b>Period Count: 5</b></span>			
PD1	<ul style="list-style-type: none"> <li>Assessment of Personality</li> </ul>		
PD2	<ul style="list-style-type: none"> <li>Assessment of Personality</li> </ul>		
PD3	<ul style="list-style-type: none"> <li>Assessment of Personality</li> </ul>		
PD4	<b>Practical Class</b> <ul style="list-style-type: none"> <li>(Self-Concept Questionnaire)</li> </ul>		
PD5	<b>Practical Class</b> <ul style="list-style-type: none"> <li>(David's Battery of Differential Abilities)</li> </ul>		

**Summer Vacation: 31/05/25 - 26/06/25**

Subject coordinator

Supervisor

Principal/V. Principal



# Sir Padampat Singhanian Education Centre

Kamla Nagar, Kanpur

## Weekly Planning Overview (July)

Session: 2025- 2026

**Subject:** Psychology

**Class:** XII

**No. of periods:** 28

Period	Topic/s to be covered in classroom	Homework	Status (Yes/No) (Reason if No)
<b>WEEK: 01/07 - 05/07</b>			<b>Period Count: 5</b>
PD1	<b>MEETING LIFE CHALLENGES</b> <ul style="list-style-type: none"><li>• Introduction</li><li>• Nature, Types, and Sources of Stress</li></ul>		
PD2	<ul style="list-style-type: none"><li>• Nature of Stress</li></ul>		
PD3	<ul style="list-style-type: none"><li>• Nature of Stress</li><li>• Signs and Symptoms of Stress</li></ul>		
PD4	<ul style="list-style-type: none"><li>• Types of Stress</li><li>• Sources of Stress</li></ul>		
PD5	<ul style="list-style-type: none"><li>• Effects of Stress on Psychological Functioning and Health (Four Major Effects) (Stress and Health) (Examination Anxiety)</li></ul>		
<b>WEEK: 07/07 - 11/07</b>			<b>Period Count: 5</b>
PD1	<ul style="list-style-type: none"><li>• Effects of Stress of Psychological Functioning and Health (General Adaptation Syndrome) (Stress and Immune System) (Lifestyle)</li></ul>		
PD2	<ul style="list-style-type: none"><li>• Coping with Stress</li></ul>		
PD3	<ul style="list-style-type: none"><li>• Coping with Stress (Stress Management Techniques)</li></ul>		
PD4	<ul style="list-style-type: none"><li>• Promoting Positive Health and Well-being (Stress Resistant Personality) (Life Skills)</li></ul>		
PD5	<ul style="list-style-type: none"><li>• Promoting Positive Health and Well-being (Factors Facilitating Positive Health)</li></ul>		
<b>WEEK: 14/07 - 19/07</b>			<b>Period Count: 6</b>
PD1	<b>Practical Class</b> <ul style="list-style-type: none"><li>• (Maudsley Personality Inventory)</li></ul>		

PD2	Revision		
PD3	<b>PSYCHOLOGICAL DISORDERS</b> <ul style="list-style-type: none"><li>• Introduction</li></ul>		
PD4	<ul style="list-style-type: none"><li>• Concepts of Abnormality and Psychological Disorders</li></ul>		
PD5	<ul style="list-style-type: none"><li>• Concepts of Abnormality and Psychological Disorders</li><li>• (Historical Background)</li></ul>		
PD6	<ul style="list-style-type: none"><li>• Classification of Psychological Disorders</li><li>• Factors Underlying Psychological Disorders</li></ul>		
<b>WEEK: 21/07 - 26/07</b>		<b>Period Count: 6</b>	
<b>July Test</b>			
PD1	<ul style="list-style-type: none"><li>• Factors Underlying Psychological Disorders</li><li>• (Psychological Models)</li></ul>		
PD2	<ul style="list-style-type: none"><li>• Major Psychological Disorders (Anxiety Disorders)</li></ul>		
PD3	<ul style="list-style-type: none"><li>• Major Psychological Disorders (Obsessive Compulsive and Related Disorders) (Trauma and Stressor-Related)</li></ul>		
PD4	<ul style="list-style-type: none"><li>• Major Psychological Disorders (Somatic Symptom and Related Disorders) (Dissociative Disorders)</li></ul>		
PD5	<ul style="list-style-type: none"><li>• Major Psychological Disorders (Depressive Disorders) (Bipolar and Related Disorders)</li><li>• (Suicide)</li></ul>		
PD6	<b>Practical Class</b> <ul style="list-style-type: none"><li>• (either ‘Global Adjustment Scale’, or ‘Sinha’s Comprehensive Anxiety Test’)</li></ul>		
<b>WEEK: 28/07 - 02/08</b>		<b>Period Count: 6</b>	
PD1	<ul style="list-style-type: none"><li>• Major Psychological Disorders (Schizophrenia Spectrum and Other Psychotic Disorders)</li></ul>		
PD2	<ul style="list-style-type: none"><li>• Major Psychological Disorders (Neurodevelopmental Disorders) (Disruptive, Impulse-Control, Conduct Disorders)</li></ul>		
PD3	<ul style="list-style-type: none"><li>• Major Psychological Disorders (Feeding and Eating Disorders) (Substance Related and Addictive Disorders)</li></ul>		
PD4	Revision		
PD5	<b>Practical Class</b> <ul style="list-style-type: none"><li>• (either ‘Global Adjustment Scale’, or ‘Sinha’s Comprehensive Anxiety Test’)</li></ul>		
PD6	<b>Practical Class</b> <ul style="list-style-type: none"><li>• (either ‘Global Adjustment Scale’, or ‘Sinha’s Comprehensive Anxiety Test’)</li><li>• (Project File)</li></ul>		

Subject coordinator

Supervisor

Principal/V. Principal



# Padampat Singhania Education Centre

Kamla Nagar, Kanpur

## Weekly Planning Overview (August)

Session: 2025- 2026

**Subject:** Psychology

**Class:** XII

**No. of periods:** 21

Period	Topic/s to be covered in classroom	Homework	Status (Yes/No) (Reason if No)
<b>WEEK: 04/08 - 08/08</b>			<b>Period Count: 5</b>
PD1	<b>THERAPEUTIC APPROACHES</b> <ul style="list-style-type: none"><li>• Introduction</li></ul>		
PD2	<ul style="list-style-type: none"><li>• Nature and Process of Psychotherapy</li></ul>		
PD3	<ul style="list-style-type: none"><li>• Therapeutic Relationship</li><li>• Type of Therapies (Overview)</li></ul>		
PD4	<ul style="list-style-type: none"><li>• Type of Therapies (Case Formulation)</li></ul>		
PD5	<ul style="list-style-type: none"><li>• Type of Therapies (Behaviour Therapy)</li></ul>		
<b>WEEK: 11/08 - 16/08</b> <b>15/08/25: Independence Day</b> <b>16/08/25: Shree Krishna Janmashtami</b>			<b>Period Count: 4</b>
PD1	<ul style="list-style-type: none"><li>• Type of Therapies (Behaviour Therapy)</li></ul>		
PD2	<ul style="list-style-type: none"><li>• Type of Therapies (Cognitive Therapy)</li></ul>		
PD3	<ul style="list-style-type: none"><li>• Type of Therapies (Cognitive Therapy)</li></ul>		
PD4	<ul style="list-style-type: none"><li>• Type of Therapies (Humanistic-Existential Therapy)</li></ul>		
<b>WEEK: 18/08 - 23/08</b>			<b>Period Count: 6</b>
PD1	<ul style="list-style-type: none"><li>• Type of Therapies (Humanistic-Existential Therapy)</li></ul>		
PD2	<ul style="list-style-type: none"><li>• Factors Contributing to Healing in Psychotherapy</li><li>• Ethics in Psychotherapy</li></ul>		
PD3	<ul style="list-style-type: none"><li>• Alternative Therapies</li><li>• Rehabilitation of the Mentally Ill</li></ul>		

PD4	Revision		
PD5	<b><i>Practical Class</i></b> <ul style="list-style-type: none"> <li>(Submission of Project and Practical Files)</li> </ul>		
<b>WEEK: 25/08 - 30/08</b>		<b>Period Count: 6</b>	
PD1	<b>ATTITUDE AND SOCIAL COGNITION</b> <ul style="list-style-type: none"> <li>Introduction</li> <li>Explaining Social Behaviour</li> </ul>		
PD2	<ul style="list-style-type: none"> <li>Nature and Components of Attitudes</li> </ul>		
PD3	<ul style="list-style-type: none"> <li>Nature and Components of Attitudes</li> </ul>		
PD4	<ul style="list-style-type: none"> <li>Attitude Formation</li> </ul>		
PD5	<ul style="list-style-type: none"> <li>Attitude Formation</li> </ul>		
PD6	<ul style="list-style-type: none"> <li>Attitude Change</li> </ul>		

Subject coordinator

Supervisor

Principal/V. Principal



# Sir Padampat Singhania Education Centre

Kamla Nagar, Kanpur

## Weekly Planning Overview (September)

Session: 2025- 2026

**Subject:** Psychology

**Class:** XII

**No. of periods:** 10

Period	Topic/s to be covered in classroom	Homework	Status (Yes/No) (Reason if No)
<b>WEEK: 01/09- 06/09</b> <b>05/09/25: Eid-Ul-Milad (Barawafat)</b>			<b>Period Count: 5</b>
PD1	• Attitude Change		
PD2	• Attitude-Behaviour Relationship		
PD3	• Prejudice and Discrimination		
PD4	• Prejudice and Discrimination • Strategies for Handling Prejudice		
PD5	Revision		
PD6	Revision		
<b>WEEK: 08/09-12/09</b>			<b>Period Count: 5</b>
PD1	Revision		
PD2	Revision		
PD3	Revision		
PD4	Revision		
PD5	Revision		
<b>Half-Yearly Examination</b> <b>(15/09/25 - 27/09/25)</b>			

Subject coordinator

Supervisor

Principal/V. Principal



# Sir Padampat Singhania Education Centre

Kamla Nagar, Kanpur

## Weekly Planning Overview (October)

Session: 2025- 2026

**Subject:** Psychology

**Class:** XII

**No. of periods:** 22

Period	Topic/s to be covered in classroom	Homework	Status (Yes/No) (Reason if No)
<b>WEEK: 29/09- 04/10</b> <b>30/10/25 – 02/10/25: Ashtami, Navami, Dussehra</b> <b>02/10/25: Gandhi Jayanti</b>			<b>Period Count: 3</b>
PD1	Recapitulation		
PD2	<b>SOCIAL INFLUENCE AND GROUP PROCESSES</b> <ul style="list-style-type: none"><li>• Introduction</li></ul>		
PD3	<ul style="list-style-type: none"><li>• Nature and Formation of Groups</li></ul>		
<b>WEEK: 06/10 - 10/10</b>			<b>Period Count: 5</b>
PD1	<ul style="list-style-type: none"><li>• Nature and Formation of Groups (Why Do People Join Groups?)</li></ul>		
PD2	<ul style="list-style-type: none"><li>• Nature and Formation of Groups (Group Formation)</li></ul>		
PD3	<ul style="list-style-type: none"><li>• Nature and Formation of Groups (Group Formation)</li></ul>		
PD4	<ul style="list-style-type: none"><li>• Types of Groups</li></ul>		
PD5	<ul style="list-style-type: none"><li>• Influence of Group on Individual Behaviour (Social Loafing)</li></ul>		
<b>WEEK: 13/10 - 18/10</b>			<b>Period Count: 6</b>
PD1	<ul style="list-style-type: none"><li>• Influence of Group on Individual Behaviour (Group Polarisation)</li></ul>		
PD2	Revision		
PD3	Revision		
PD4	Revision		

PD5	Revision		
PD6	Revision		
<b>WEEK: 20/10 - 25/10</b> <b>20/10/25- 23/10/25: Deepawali</b> <b>Period Count: 2</b>			
PD1	Revision		
PD2	Revision		
<b>WEEK: 27/10 - 01/11</b> <b>Period Count: 6</b>			
PD1	Revision		
PD2	Revision		
PD3	Revision		
PD4	Revision		
PD5	Revision		
PD6	Revision		

**Pre-Board I**  
**(10/11/25 - 22/11/25)**

**Pre-Board II**  
**(15/12/25 - 27/12/25)**

Subject coordinator

Supervisor

Principal/V. Principal