



Sir Padampat Singhanian Education Centre
Kamla Nagar, Kanpur

Lesson Plan

Session 2026 - 2027

Class: XII

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

Subject Coordinator
Name: Ms. Osheen Kundal

Head of Department

Sign:

Sign:



Sir Padampat Singhania Education Centre

Kamla Nagar, Kanpur

Yearly Syllabus/Planning overview

Session: 2026 - 2027

Subject: Psychology

Class: XII

No. of periods: 127

Month	Assessed In	Lesson/s to be covered	Period Count
April		Variations in Psychological Attributes Practical: <i>Raven's Standard Progressive Matrices</i>	21
May		Self and Personality Project Practical: <i>David's Battery of Differential Abilities;</i> <i>Self-Concept Questionnaire</i> <i>May Test (11/05 - 18/05)</i>	22
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 (20/07 - 27/07)</i>	29
August		Therapeutic Approaches Attitude and Social Cognition	20
September		Attitude and Social Cognition <i>Practical Examination</i> <i>Half-Yearly Examination (15/09 - 28/09)</i>	15
October		Social Influence and Group Processes	21
November		<i>Pre-Board I (16/11 - 30/11)</i>	
December		<i>Pre-Board II (17/12 - 29/12)</i>	

Subject coordinator:

HOD:



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Kamla Nagar, Kanpur

Monthly Syllabus/Planning overview

Session: 2026 - 2027

Subject: Psychology

Class: XII

No. of periods: 127

Month	Date/Week		Lesson/s to be covered in classroom	Period Count
	From	To		
April	06/04	10/04	Variations in Psychological Attributes	5
	13/04	18/04	Variations in Psychological Attributes	5
	20/04	25/04	Variations in Psychological Attributes	6
	27/04	02/05	Variations in Psychological Attributes Practical: <i>Raven's Standard Progressive Matrices</i> Self and Personality	5
May	04/04	08/05	Self and Personality	5
	11/05	16/05	Self and Personality May Test	6
	18/05	23/05	Self and Personality Practical: <i>David's Battery of Differential Abilities</i> Practical: <i>Self-Concept Questionnaire</i>	6
	25/05	30/05	Meeting Life Challenges	5
June			Summer Break	-
July	29/06	04/07	Meeting Life Challenges Practical: <i>Project (Interview Analysis+ Report Writing)</i> Practical: <i>Maudsley Personality Inventory</i>	6
	06/07	10/07	Psychological Disorders	5
	13/07	18/07	Psychological Disorders Practical: <i>Maudsley Personality Inventory</i>	6
	20/07	25/07	Psychological Disorders Practical: <i>Global Adjustment Scale or Sinha's Comprehensive Anxiety Test</i> Project work July Test	6
	27/07	01/08	Therapeutic Approaches	6
August	03/08	07/08	Therapeutic Approaches	5
	10/08	15/08	Therapeutic Approaches	5
	17/08	22/08	Attitude and Social Cognition Practical: <i>File Work</i>	6
	24/08	29/08	Attitude and Social Cognition	4
September	31/08	05/09	Attitude and Social Cognition Revision	5

	07/09	11/09	Revision <i>Practical Examination</i>	5
			<i>Half-Yearly Examination (15/09/26 - 28/09/26)</i>	
	28/09	03/10	Social Influence and Group Processes	4
October	05/10	09/10	Social Influence and Group Processes	5
	12/10	17/10	Revision	6
	19/10	24/10	Revision	4
	26/10	31/10	Revision	6
November	16/11	30/11	<i>PRE-BOARD I</i>	
December	17/12	29/12	<i>PRE-BOARD II</i>	

Subject coordinator:

HOD:



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Weekly Planning Overview (April)

Session: 2026 - 2027

Subject: Psychology

Class: XII

No. of periods: 21

Period	Topic/s to be covered in classroom	Homework	Status (Yes/No) (Reason if No)
WEEK: 06/04 - 10/04			Period Count: 5
PD1	VARIATIONS IN PSYCHOLOGICAL ATTRIBUTES • Introduction		
PD2	• Individual Differences in Human Functioning • Assessment of Psychological Attributes (Some Domains of Psychological Attributes)		
PD3	• Assessment of Psychological Attributes (Assessment Methods) • Theories of Intelligence (Psychometric Approach)		
PD4	• Theories of Intelligence (Psychometric Approach)		
PD5	• Theories of Intelligence (Multiple Intelligence)		
WEEK: 13/04 - 18/04 14/04/26: Baisakhi			Period Count: 5
PD1	• Theories of Intelligence (Triarchic Theory)		
PD2	• Theories of Intelligence (PASS Model)		
PD3	• Individual Differences in Intelligence (Interplay of Nature and Nurture) (Assessment of Intelligence)		
PD4	• Individual Differences in Intelligence (Variations of Intelligence)		
PD5	• Types of Intelligence Tests • Some Misuses of intelligence Tests		
WEEK: 20/04 - 25/04			Period Count: 6
PD1	• Culture and Intelligence		
PD2	• Emotional Intelligence (Characteristics of Emotionally Intelligent Person) • Special Abilities		

PD3	• Creativity		
PD4	• Creativity and Intelligence		
PD5	Revision Practical Class (Raven's Standard Progressive Matrices)		
PD6	Practical Class (Raven's Standard Progressive Matrices)		
WEEK: 27/04 - 02/05 01/05/26: Buddha Purnima			
		Period Count: 5	
PD1	SELF AND PERSONALITY • Introduction • Self and Personality • Concept of Self		
PD2	• Concept of Self • Cognitive and Behavioural Aspects of Self		
PD3	• Cognitive and Behavioural Aspects of Self • Culture and Self		
PD4	• Culture and Self		
PD5	• Culture and Self • Concept of Personality		

Subject coordinator

Supervisor

Principal/V. Principal



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Weekly Planning Overview (May)

Session: 2026 - 2027

Subject: Psychology

Class: XII

No. of periods: 22

Period	Topic/s to be covered in classroom	Homework	Status (Yes/No) (Reason if No)
WEEK: 04/05 – 08/05			Period Count: 5
PD1	• Concept of Personality (Personality Related Terms)		
PD2	• Major Approaches to the Study of Personality		
PD3	• Major Approaches to the Study of Personality (Type Approaches)		
PD4	• Major Approaches to the Study of Personality (Trait Approaches- Allport, Cattell)		
PD5	• Major Approaches to the study of Personality (Trait Approaches- Eysenck; Five Factor Model)		
WEEK: 11/05 - 16/05			Period Count: 6
May Test			
PD1	• Major Approaches to the Study of Personality (Psychodynamic Approach)		
PD2	• Major Approaches to the Study of Personality (Psychodynamic Approach)		
PD3	• Major Approaches to the study of Personality (Psychodynamic Approach)		
PD4	• Major Approaches to the study of Personality (Post-Freudian Approaches)		
PD5	• Major Approaches to the study of Personality (Behavioural Approach) (Cultural Approach)		
PD6	• Major Approaches to the study of Personality (Cultural Approach) (Humanistic Approach)		
WEEK: 18/05 - 23/05			Period Count: 6

PD1	Assessment of Personality		
PD2	Assessment of Personality		
PD3	Assessment of Personality		
PD4	Practical Class (Self-Concept Questionnaire)		
PD5	Practical Class (David's Battery of Differential Abilities)		
PD6	Revision		
WEEK: 25/05 - 30/05 28/05/26: Bakra-eid Period Count: 5			
PD1	MEETING LIFE CHALLENGES Introduction		
PD2	Nature of Stress		
PD3	- Nature of Stress - Signs and Symptoms of Stress		
PD4	- Types of Stress - Sources of Stress		
PD5	Effects of Stress on Psychological Functioning and Health (Four Major Effects) (Stress and Health) (Examination Anxiety)		

Summer Vacation: 30/05/26 - 29/06/26

Subject coordinator

Supervisor

Principal/V. Principal



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Weekly Planning Overview (July)

Session: 2026 - 2027

Subject: Psychology

Class: XII

No. of periods: 29

Period	Topic/s to be covered in classroom	Homework	Status (Yes/No) (Reason if No)
WEEK: 29/06 - 04/07			Period Count: 6
PD1	Effects of Stress of Psychological Functioning and Health (General Adaptation Syndrome) (Stress and Immune System) (Lifestyle)		
PD2	Coping with Stress		
PD3	Coping with Stress (Stress Management Techniques)		
PD4	Promoting Positive Health and Well-being (Stress Resistant Personality) (Life Skills)		
PD5	Promoting Positive Health and Well-being (Factors Facilitating Positive Health)		
PD6	Practical Class (Maudsley Personality Inventory)		
WEEK: 06/07 - 10/07			Period Count: 5
PD1	Revision		
PD2	PSYCHOLOGICAL DISORDERS Introduction		
PD3	Concepts of Abnormality and Psychological Disorders		
PD4	Concepts of Abnormality and Psychological Disorders (Historical Background)		
PD5	- Classification of Psychological Disorders - Factors Underlying Psychological Disorders		
WEEK: 13/07 - 18/07			Period Count: 6
PD1	Factors Underlying Psychological Disorders (Psychological Models)		

PD2	Major Psychological Disorders (Anxiety Disorders)		
PD3	Major Psychological Disorders (Obsessive Compulsive and Related Disorders) (Trauma and Stressor-Related)		
PD4	Major Psychological Disorders (Somatic Symptom and Related Disorders) (Dissociative Disorders)		
PD5	Major Psychological Disorders (Depressive Disorders) (Bipolar and Related Disorders) (Suicide)		
PD6	Major Psychological Disorders (Schizophrenia Spectrum and Other Psychotic Disorders)		
WEEK: 20/07 - 25/07		Period Count: 6	
July Test			
PD1	Practical Class (Either ‘Global Adjustment Scale’, or ‘Sinha’s Comprehensive Anxiety Test’)		
PD2	Major Psychological Disorders (Neurodevelopmental Disorders) (Disruptive, Impulse-Control, Conduct Disorders)		
PD3	Major Psychological Disorders (Feeding and Eating Disorders) (Substance Related and Addictive Disorders)		
PD4	Revision		
PD5	Practical Class (Either ‘Global Adjustment Scale’, or ‘Sinha’s Comprehensive Anxiety Test’)		
PD6	Practical Class (Either ‘Global Adjustment Scale’, or ‘Sinha’s Comprehensive Anxiety Test’) (Project File)		
WEEK: 27/07 - 01/08		Period Count: 6	
PD1	THERAPEUTIC APPROACHES Introduction		
PD2	Nature and Process of Psychotherapy		
PD3	- Therapeutic Relationship - Type of Therapies (Overview)		
PD4	Type of Therapies (Case Formulation)		
PD5	Type of Therapies (Behaviour Therapy)		
PD6	Type of Therapies (Behaviour Therapy)		



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Weekly Planning Overview (August)

Session: 2026 - 2027

Subject: Psychology

Class: XII

No. of periods: 20

Period	Topic/s to be covered in classroom	Homework	Status (Yes/No) (Reason if No)
WEEK: 03/08 - 07/08			Period Count: 5
PD1	Type of Therapies (Cognitive Therapy)		
PD2	Type of Therapies (Cognitive Therapy)		
PD3	Type of Therapies (Humanistic-Existential Therapy)		
PD4	Type of Therapies (Humanistic-Existential Therapy)		
PD5	Type of Therapies (Humanistic-Existential Therapy)		
WEEK: 10/08 - 15/08			Period Count: 5
15/08/26: Independence Day			
PD1	- Factors Contributing to Healing in Psychotherapy - Ethics in Psychotherapy		
PD2	- Alternative Therapies - Rehabilitation of the Mentally Ill		
PD3	Revision		
PD4	Revision		
PD5	Revision		
WEEK: 17/08 - 22/08			Period Count: 6
PD1	Practical Class (Submission of Project and Practical Files)		
PD2	ATTITUDE AND SOCIAL COGNITION - Introduction - Explaining Social Behaviour		

PD3	Nature and Components of Attitudes		
PD4	Nature and Components of Attitudes		
PD5	Attitude Formation		
PD6	Attitude Formation		
WEEK: 24/08 - 29/08 26/08/26: Eid-UL-Milad (Barawafat) 28/08/26: Rakshabandhan			
			Period Count: 4
PD1	Attitude Change		
PD2	Attitude Change		
PD3	Attitude-Behaviour Relationship		
PD4	Prejudice and Discrimination		



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Weekly Planning Overview (September)

Session: 2026 - 2027

Subject: Psychology

Class: XII

No. of periods: 15

Period	Topic/s to be covered in classroom	Homework	Status (Yes/No) (Reason if No)
WEEK: 31/08 - 05/09 04/09/26: Shree Krishna Janmashtami			Period Count: 5
PD1	- Prejudice and Discrimination - Strategies for Handling Prejudice		
PD2	Revision		
PD3	Revision		
PD4	Revision		
PD5	Revision		
WEEK: 07/09-11/09			Period Count: 5
PD1	Revision		
PD2	Revision		
PD3	Revision		
PD4	Revision		
PD5	Revision		
Half-Yearly Examination (15/09/26 - 28/09/26)			
WEEK: 28/09 - 03/10 02/10/25: Gandhi Jayanti			Period Count: 4
PD1	Recapitulation		

PD2	SOCIAL INFLUENCE AND GROUP PROCESSES • Introduction		
PD3	• Nature and Formation of Groups		
PD4	• Nature and Formation of Groups (Why Do People Join Groups?)		



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Weekly Planning Overview (October)

Session: 2026 - 2027

Subject: Psychology

Class: XII

No. of periods: 21

Period	Topic/s to be covered in classroom	Homework	Status (Yes/No) (Reason if No)
WEEK: 05/10 - 09/10			Period Count: 5
PD1	• Nature and Formation of Groups (Group Formation)		
PD2	• Nature and Formation of Groups (Group Formation)		
PD3	• Types of Groups		
PD4	• Influence of Group on Individual Behaviour (Social Loafing)		
PD5	• Influence of Group on Individual Behaviour (Group Polarisation)		
WEEK: 12/10 - 17/10			Period Count: 6
PD1	Revision		
PD2	Revision		
PD3	Revision		
PD4	Revision		
PD5	Revision		
PD6	Revision		
WEEK: 19/10 - 24/10 19/10/26 - 20/10/26: Navami, Dussehra			Period Count: 4
PD1	Revision		

PD2	Revision		
PD3	Revision		
PD4	Revision		
WEEK: 26/10 - 31/10		Period Count: 6	
PD1	Revision		
PD2	Revision		
PD3	Revision		
PD4	Revision		
PD5	Revision		
PD6	Revision		

Pre-Board I (16/11/26 - 30/11/26)

Pre-Board II (17/12/26 - 29/12/26)
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Subject coordinator

Supervisor

Principal/V. Principal