



Bhartiya Shiksha Board

Psychology

Subject code: 162

Theory

Priya Sharma
23/7/26

Class XI

MM 70

Aims & Objectives

- Introduce learners to foundational concepts, methods, and perspectives in psychology.
- Build awareness about mental health, resilience, and adaptive coping strategies.
- Cultivate empathy, emotional intelligence, and social sensitivity.
- Encourage appreciation of psychology's multidisciplinary nature and practical applications.
- Promote self-awareness, reflection, and personal growth.
- Foster responsible citizenship through understanding human behavior and social responsibility.

Time: 3 Hours

Marks: 70

Units	Topics	Marks	Periods
1	Understanding Psychology	10	29
2	Methods of Enquiry in Psychology	10	29
3	Human Development Across Lifespan	8	23
4	Biological basis of Behaviour	9	26
5	Learning	10	29
6	Human memory: remembering and forgetting	10	29
7	Emotion & Motivation	7	21
8	Life Skills	6	18
Total		70	204

UNIT	CONTENT	LEARNING OUTCOMES
UNIT 1	1.0 Introduction to Psychology and Mental Health 1.1 Meaning of Psychology 2.0 Historical evolution: Western and Indian roots 2.1 Historical evolution of Psychology in Western culture 2.2 Historical evolution of Psychology in India 3.0 Branches of Psychology 4.0 Positive Psychology 4.1 Indian Practices aligned with Positive Psychology 5.0 Different Psychological perspectives to understand behaviour 6.0 Integrating ancient Indian roots in psychology (IKS) 7.0 New frontiers of psychology- AI 7.1 AI as a tool for Psychology 8.0 Myths related to psychology 9.0 Professionals in the field of mental health 10.0 Psychology in everyday life (Prayog)	<u>Knowledge</u> • Define psychology and explain its scope. • Understand the scientific nature of psychology. • Explain the historical evolution of psychology with reference to both Western and Indian roots. • Describe the main branches of psychology. • Know the diverse domains of contemporary psychology. • Develop openness to explore human behaviour scientifically; reduce stigma around mental health. • Recognize ethical principles, biases, and values in psychological research and application, including Indian philosophies and constitutional values. • Appreciation of psychology's role in solving real-world problems. • Identify emerging frontiers such as the role of artificial intelligence in psychology. • Distinguish between various psychological professionals (psychiatrists, psychologists, social workers) and their roles. • Explain the concept of wellbeing, positive psychology, and Indian practices. <u>Skills</u> • Identify everyday situations where psychology is applied. • Challenge common myths about psychology. • Appreciate the importance of Psychology as a science. • Understanding future challenges. • Develop openness to discussing. • Indian philosophy and knowledge. • Identify practical applications of psychology in Indian settings (Prayog), including everyday life situations.

Prayog Sharma

		• Respect for scientific inquiry; empathy towards individuals with mental health concerns. • Demonstrate empathy and reduce stigma when discussing mental health conditions and wellbeing. • Conduct a basic interview with a mental health professional (practical exercise).
UNIT-2	INTRODUCTION 1.0 Research in psychology 2.0 Goals of psychological enquiry 2.1 Describe 2.2 Prediction 2.3 Explain 2.4 Control 2.5 Application 3.0 The Spirit of Enquiry: The Scientific Method in Psychology 4.0 Steps in conducting Scientific Research 4.1 Step 1: Conceptualising the Problem 4.2 Step 2: Formulating a Hypothesis 4.3 Step 3: Designing the Research 4.4 Step 4: Choosing the Sample 4.5 Step 5: Collecting Data 4.6 Step 6: Analysing Data: Drawing and Interpreting Conclusions 4.7 Step 7: Revising and Sharing Knowledge 5.0 Nature of Psychological Data 5.1 Qualitative Data 5.2 Quantitative Data 6.0 Types of information collected in psychological research 6.1 Demographic Information 6.2 Physical Information 6.3 Physiological Data 6.4 Psychological Information 7.0 Research Methods 7.1 Observational Method 7.1.1 Naturalistic Observation 7.1.2 Controlled Observation 7.1.3 Participant Observation 7.1.4 Non-Participant Observation 7.2 Introspection Method 7.3 Experimental Method 7.3.1 Laboratory Experiments 7.3.2 Field Experiments 7.3.3 Quasi Experiments 7.4 Correlational Research 7.4.1 Positive Correlation	<u>Knowledge</u> • Understand the goals of psychological enquiry and the scientific approach to research. • Describe the main steps involved in conducting psychological research. • Explain the nature and types of psychological data collected in research. • Identify various research methods such as introspection (Dhyana), observation, experiments, surveys, psychological testing, case studies, and correlational research. • Recognize indigenous methods of inquiry like oral histories, ethnography, and community dialogue. • Learn the ethical practices in psychology including voluntary participation, informed consent, confidentiality, debriefing, and sharing of research results. • Understand the limitations of psychological enquiry. • Appreciate the application of psychology to everyday life situations. <u>Skills</u> • Apply any one research method to collect data effectively. • Practice ethical considerations while conducting psychological research. • Analyze the strengths and limitations of different psychological research methods. • Interpret psychological data with awareness of its subjective and relative aspects. • Relate research findings to real-life contexts to solve everyday problems.

Rajyasharma

	7.4.2 Negative Correlation 7.4.3 Zero Correlation 7.5 Survey Method 7.5.1 Questionnaire Surveys 7.5.2 Telephonic, Video and online Surveys 7.5.3 Personal Interviews 7.6 Psychological Testing 8.0 Limitations of Psychological Research: 8.1 Lack of True Zero Point 8.2 Relative Nature of Psychological Tools 8.3 Subjective Interpretation of Qualitative Data 9.0 Ethics in psychological research: 9.1 Voluntary participation 9.2 Informed Consent 9.3 Confidentiality of data source 9.4 Debriefing Sharing the results of the study 10.0 Applying psychology to everyday life(prayog)	
UNIT-3	1. Introduction; Concept of Human Development ● Growth, development, maturation, and evolution 2. Stages of human development: Mental health and wellbeing ● Prenatal ● Infancy ● Childhood ● Adolescence ● Adulthood ● Old age Physical, Motor, Cognitive, Emotional, Socio-cultural changes 3. Theories: Piaget, Kohlberg and Erikson's, (Table form) moral dilemma (Box 3.1) 4. Indian Perspective of Ashrams /Awasthas 5. Applying psychology to everyday life ● Contemporary developmental challenges: Technology, nutrition, gender.	<u>Knowledge</u> ● Holistic lifespan approach highlighting Indian socio-cultural influences and developmental challenges. ● Integrating Indian and Western developmental frameworks to interpret lifespan changes. ● Uniqueness of the Indian adolescent and the family environment. ● Applying developmental knowledge in real-life familial, social, and technological contexts ● Importance of mental health and wellbeing. <u>Skill</u> ● Developing better insight about every developmental stage. ● Developing self-awareness and reflection in understanding one's own developmental journey. ● Understanding the significance of interpersonal skills and healthy relationships for social wellbeing. ● Developing better child rearing skills. <u>Value</u>

P. P. Sharma

		● Having better insight into the milestones and expectations of every stage. ● Understanding their concerns better. ● Managing technology, nutrition, gender, environment challenges.
UNIT-4	1. Prologue 2. Introduction to the Nervous System ● Neural Transmission (pictorial illustration) ● Divisions of the Nervous System ● Central Nervous System-Structure and Key Divisions of the Brain, ● Neuroplasticity 3. Brain, Mind and Behaviour ● Psychoneuroimmunology. 4. Endocrine System 5. Sensation, Attention and Perception ● Sensation ● Attention ● Selective Attention ● Sustained Attention ● Attention-deficit/hyperactivity disorder (Box 4-1) ● Perception 6. Gestalt Laws of Perception 7. Extra Sensory Perception 8. Applying psychology to everyday life: ● Simple Case Studies/Projects: Let students explore a famous medical case and reflect on what it means for the brain-behaviour link. ● Attention training (mindfulness, focus exercises) enhances concentration.	<u>Knowledge</u> ● Understand that the brain and nervous system act as the biological control centre of behaviour. ● Identify the structure and functioning of neurons and describe how they communicate through neural transmission. ● Differentiate between the Central and Peripheral Nervous Systems, and describe their key roles using examples from daily life (reflex action, movement, emotion). ● Recognize the functions of the Endocrine System and understand how hormones influence behaviour and emotion. ● Explain how the brain, nervous system, and endocrine system work together to coordinate thoughts, feelings, and actions. ● Describe the nature of sensation, attention, and perception as basic cognitive processes. ● Understand the Gestalt laws of perception and how they explain organization of sensory input. ● Distinguish between sensation (receiving stimuli) and perception (interpreting stimuli). ● Define selective attention and summarize major theories of attention. ● Explain the psychological basis of neuroplasticity and its significance in learning and recovery. ● Recognize the role of extra-sensory perception (ESP) as a debated area in psychology. ● Connect biological processes with everyday experiences such as emotion regulation, stress, learning habits, and personality. <u>Skill</u>

Rajashree

		• Observe and interpret reflexes and reactions through classroom demonstrations to connect theory with real-life behaviour. • Use models, diagrams, or examples to understand brain structure and neural communication. • Develop critical thinking by analyzing simple case studies (e.g., Phineas Gage) linking brain injury and behavioural change. • Develop scientific observation and inference skills through practical activities on sensation and perception. • Apply psychological principles to everyday life — attention management, stress control, and healthy cognitive habits. • Evaluate claims of ESP and parapsychology using psychological reasoning and evidence. <u>Value</u> • Better understanding of the Mind-body relationship • Identifying environmental and socio-cultural factors influencing behaviour.
UNIT-5	1. Nature of learning 2. Definition and features of learning 3. Classical and Operant Conditioning: • Pavlov's experiment on classical conditioning, determinants of classical conditioning. • Skinner's experiment on operant conditioning, determinants of operant conditioning. 4. Observational Learning: Imitation, Social learning, and modelling 5. Guru-Shishya Tradition 6. Cognitive Learning • Insight • Latent learning 7. Verbal learning 8. Learning Styles in Indian perspective	<u>Knowledge</u> • Define learning and describe its key features. • Explain classical conditioning through Pavlov's experiment and operant conditioning via Skinner's experiment. • Understand observational learning in the context of the Guru-Shishya tradition with emphasis on imitation, social learning, and modelling. • Describe cognitive learning processes including insight and latent learning, and verbal learning. • Recognize different learning styles: relational (Shravana), analytical (Manana), and experiential (Nididhyasana), respecting learner diversity. • Identify symptoms of learning disabilities and understand the importance of inclusive education strategies.

Rajyasharma

	• Relational (Shravana—listening) • Analytical (Manana—reflection), Experiential (Nididhyasana—meditation) styles 9. Learning Disabilities: Overview of symptoms and inclusion strategies for diverse learners. 10. Psychology and Everyday Life (Prayog) • Practical application of learning principles.	• Appreciate value-based and ethical learning anchored in Yamas and Niyamas. <u>Skill</u> • Illustrate classical and operant conditioning with examples. • Apply observational learning principles through social and cultural contexts. • Differentiate among learning styles and apply strategies respecting individual differences. • Identify signs of learning disabilities and employ inclusive learning strategies such as collaborative and experiential learning. • Integrate culturally grounded learning practices into everyday educational settings. <u>Values</u> • Value diverse learning needs and inclusive educational practices. • Appreciate the role of ethics and values in learning and personal development. • Foster respect for traditional Indian learning styles alongside contemporary psychological theories. • Cultivate collaborative and experiential approaches that honour cultural roots and learner uniqueness.
UNIT-6	1. Nature of Memory 2. Stages of memory (encoding, storage, retrieval) 3. Information processing Approach: Stage model 4. Memory Systems: Sensory, Short- term memory and long-term memory 5. Working memory 6. Types of Long-term Memory • Declarative (Episodic, Semantic) and Procedural 7. Measurement of Memory: Recall, recognition, re-learning and	<u>Knowledge</u> • Understand the nature and stages of memory. • Describe sensory, short-term, and long-term memory systems. • Explain memory measurement techniques: recall, recognition, relearning, and reconstruction; relate to Shravana, Manana, and Nididhyasana. • Apply mindfulness and concentration strategies from Indian traditions to improve memory. • Recognize mnemonic techniques such as Chanting Mantras, Meditative Repetition, Visualization exercises. • Appreciate the cultural, psychological, and technological influences on memory.

Dr. Raju Sharma

	reconstruction: Drawing parallels to Gurukul systems using Shravana, 8. Manana, and Nididhyasana for memorization techniques 9. Nature of Forgetting - Ebbinghaus's forgetting curve 10. Causes of Forgetting - Trace Decay - Interference - Retrieval Failure - Motivated Forgetting - Encoding Failure Improving Memory: - Rehearsal and repetition - Maintenance rehearsal - Elaborative rehearsal - Mnemonics - Indian mnemonic techniques: Chanting Mantras, Meditative Repetition, Visualization exercises 11. Psychology and everyday Life (Prayog)	- Use creative and art-integrated methods to enhance memory understanding. <u>Skills</u> - Describe and explain memory stages and systems clearly. - Apply memory measurement techniques practically. - Identify causes of memory loss and use mindfulness to improve memory. - Integrate traditional Indian memory techniques in learning. - Use creative methods to enhance memory retention. <u>Values</u> - Appreciate integration of Indian knowledge and modern psychology in memory. - Embrace lifelong learning and self-discipline for cognitive growth. - Cultivate mindfulness and ethical self-study habits. - Respect cultural traditions as tools for well-being and education.
UNIT-7	1. Motivation - Meaning and Nature of Motivation - Motivation cycle - Types of motives: Biological motives and Psychosocial motives 2. Maslow's hierarchy of needs: Align with the Indian concept of Atman realization or Moksha as the highest human need. 3. Intrinsic motivation relates to Indian Karma Yoga (selfless action), Jnana Yoga (knowledge) or Bhakti Yoga (devotion). - Drive toward Dharma (righteous duty) and Self-realisation, not just external rewards.	<u>Knowledge</u> - Understand the nature of motivation as a drive towards Dharma (righteous duty) and Self-realization, beyond external rewards. - Explain the motivation cycle and differentiate between biological and psychosocial motives. - Recognize intrinsic motivation and relate it to Indian yogic paths: Karma Yoga, Jnana Yoga, Bhakti Yoga. - Explain Maslow's hierarchy of needs and align it with the Indian concept of Atman realization or Moksha as the highest human need. - Define and classify types of emotions and describe their expression.

Rajesh Sharma

	● Extrinsic Motivation 4. Definition and Types of Emotions 5. Expression of Emotions ● Emotions in the Indian tradition:(Navarasas) 6. Learning to manage emotions 7. Enhancing Positive Emotions 8. Managing your anger 9. Management of Examination Anxiety 10. Applying Psychology to everyday Life (Prayog)	● Identify the Indian tradition of emotions through Navarasas. ● Describe psychological techniques to enhance positive emotions. ● Recognize emotional regulation practices such as Atma Vichara, Ahamkara, Dama from Indian traditions. ● Apply motivation and emotion concepts to everyday life (Prayog). <u>Skill</u> ● Illustrate the motivation cycle using pictorial models. ● Identify and classify various types of motives through examples. ● Critically relate Western psychological concepts to relevant Indian Knowledge Systems. ● Express understanding of emotions and emotion regulation in personal and social contexts. ● Apply psychological knowledge to develop strategies for emotional well-being in daily life. <u>Values</u> ● Appreciate motivation as a holistic concept integrating both inner self-realization and social duty. ● Value the synthesis of Western and Indian perspectives in understanding motivation and emotions. ● Cultivate mindful emotional regulation practices grounded in Indian traditions. ● Foster a positive attitude toward self-improvement and emotional health through psychological and yogic insights.
UNIT-8	Life Skills and Well-being 1. Meaning and Nature of Life skills 2. Evolution of concept of life skills 3. characteristics of life skills 4. Importance of life skills 5. Different types of life skills: ● Decision-making, ● Problem-solving,	<u>Knowledge</u> ● Demonstrates openness to learning new coping strategies for challenges. ● Maintains a positive outlook towards self, others, and future possibilities. ● Shows readiness to adapt to change and accept feedback constructively. ● Develops willingness to seek support when facing difficulties.

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● Empathy, and ● Self-awareness. ● Developing effective communication skills. ● Resilience: Skills for resilience (SEL) and optimism ● Emotion regulation: Staying away from Self Harm. 6.Importance of self-care and emotional hygiene 7.Importance of supportive environments (family, school, peers). 8. Applying psychology to everyday life. ● Identify what life skills or psychological concepts you want to practice	● Expresses sensitivity towards the wellbeing of peers and community. <u>Skills</u> ● Applies problem-solving and decision-making skills in real-life contexts. ● Practices self-awareness and emotional regulation in stressful situations. ● Communicates assertively and empathetically in relationships. ● Demonstrates conflict-resolution strategies (negotiation, win-win solutions). <u>Values</u> ● Respects diversity in coping styles, beliefs, and expressions of wellbeing. ● Upholds responsibility for self-care as part of holistic health. ● Practices compassion and empathy in supporting others. ● Recognizes wellbeing as a shared responsibility for family, school, and community.
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Practical (Projects/small study, experiments, etc.)	30 marks
The students shall be required to undertake one project /small study and conduct two experiments. The project/small study would involve the use of different methods of enquiry, like observation, survey, interview, questionnaire, related to the following topics: ● Influence of Social Support on Emotional Well-being ● Gratitude and Positive Thinking Practices ● Peer Pressure and Decision-Making ● Imagining Your Best Possible Self ● Self-Compassion and Resilience Building ● Exploring Anger Triggers and Regulation Strategies ● Positive Relationships and Social Support ● Changing Gender roles and stereotypes ● Digital Detox and Psychological Well-being ● Barriers to Effective Communication and How to Overcome Them ● Spending Time in Nature and Wellbeing	

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- Active Listening and Relationship Building

Internal Assessment for Class 11 Psychology

- Total weightage of 30 marks.
- Components include:
 - Practical file with 5 experiments based on units taught (5 marks).
 - Project file related to psychology in everyday life (5 marks).
 - Viva voce on project and experiments (5 marks).
 - Practical examination involving conducting and reporting one experiment (total marks: 5 for conduction + 10 for reporting).
- Internal assessment focuses on practical understanding, application of psychological concepts, experimental skills, and presentation ability.
- Students will undertake a small project using methods like observation, survey, interview and questionnaire to apply core psychology concepts and research skills

External Examination for Class 11 Psychology

- Entire theory paper carries 70 marks.
- Exam pattern includes a mix of multiple-choice questions (MCQs), short answer questions, long answer questions, and competency-based questions.
- The syllabus covers eight units with marks distribution such as:
 1. Understanding Psychology (10)
 2. Methods of Enquiry in Psychology (10)
 3. Human Development Across Lifespan (8)
 4. Biological basis of Behaviour (9)
 5. Learning (10)
 6. Human memory: remembering and forgetting (10)
 7. Emotion & Motivation (7)
 8. Life Skills (6)
- Passing criteria require at least 33% marks in theory and 33% in internal/practical assessments separately to pass.

Latya Sharma

Theory

Time: 3 Hours		Maximum Marks: 70	
S. No.	Competencies	Total Marks	% Weightage
1	Remembering and Understanding: Exhibiting memory of previously learned material by recalling facts, terms, basic concepts, and answers; Demonstrating understanding of facts and ideas by organising, comparing, translating, interpreting, giving descriptions and stating main ideas.	35	50%
2	Applying: Solving problems to new situations by applying acquired knowledge, facts, techniques and rules in a different way.	25	35%
3	Formulating, Analysing, Evaluating and Creating: Examining and breaking information into parts by identifying motives or causes; Making inferences and finding evidence to support generalizations; Presenting and defending opinions by making judgments about information, validity of ideas, or quality of work based on a set of criteria; Compiling information together in a different way by combining elements in a new pattern or proposing alternative solutions	10	15%
Total		70	100%

Typology of Questions

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Typology	No of Questions × Marks
One marker	14 × 1=14
Very short answer type	4 × 2=8
Short Answer Type	4 × 3=12
Long Answer Type I	4 × 4=16
Long Answer Type II	2 × 6=12
Case based Type	4 × 2=8

Career Pathways / Future Relevance

- Psychology provides foundational knowledge essential for diverse career options in mental health, counselling, clinical psychology, educational psychology, organisational behaviour, and social work.
- It develops critical thinking, research, and interpersonal skills valuable in professions like human resources, marketing, data analysis, and healthcare.
- Studying psychology in Class 11 opens pathways for advanced studies in psychology, neuroscience, psychiatry, psychotherapy, behavioural science, and allied health sciences.
- The subject is relevant for understanding human behaviour, which is integral to numerous professional fields across education, business, healthcare, law, and social services.
- It equips students with knowledge and skills applicable in emerging fields like AI-human interaction, cognitive science, and community mental health programs.

Rajendra

