

IAS
**2025/
2026**

PSYCHOLOGY

PERSONAL MENTORSHIP PROGRAMME

08
DECEMBER
2024

2025/26

By: **SANKET JAIN**



A Solution For 300+ Marks



Visit For Registration
psychesimplified.com



Call For Registration
+91-7987391094, 8587908287



**16-A/2, AJMAL KHAN ROAD,
W.E.A., KAROL BAGH,
DELHI, 110005**



REGISTER NOW



PERSONAL MENTORSHIP PROGRAM 2025-26

COURSE HIGHLIGHTS



●●● Test Series

01

9 Sectional & 3 Full Length High Quality Tests Covering the Complete Syllabus with Model Answers and 1-1 Discussion with Personal Mentorship.



●●● Crash Course

02

Advance Classes to Cover the Most Important Selected topics From Both Papers.



●●● Regular Answer Writing

03

Practice Answer Writing on Regular Basis with Proper Feedback.



●●● 10 Years PYQ Solved

04

Value addition documents covering last 10 years PYQ topic wise

SESSION PLAN (MODULE 1)

(TEST SERIES+REGULAR ANSWER WRITING+ONLINE SESSION)

RECOMMENDED BY T BHUVANESHRAM, MANASVI SHARMA &
ANUSHTHA KALIA (HIGHEST SCORER IN 2023,2022 AND 2021)

SESSION AND DATE	SECTION AND TOPICS
SESSION 1	<u>Introduction</u> <ul style="list-style-type: none">• Definition of Psychology; Historical antecedents of Psychology and trends in the 21st century• Psychology and scientific methods; Psychology in relation to other social sciences and natural sciences• Application of Psychology to societal problems
SESSION 2	<u>Personality</u> <ul style="list-style-type: none">• Theories of personality (psychoanalytical, sociocultural, interpersonal, Developmental, humanistic, behaviouristic, trait and type approaches) The notion of self
TEST 1 8 DECEMBER	INTRODUCTION & PERSONALITY
SESSION 3	<u>Development of Human Behaviour</u> <ul style="list-style-type: none">• Role of genetic and environmental factors in determining human behaviour• Influence of cultural factors in socialization– Characteristics, development tasks <u>Language and Communication</u> <ul style="list-style-type: none">• Human language – Properties, structure and linguistic hierarchy• critical period hypothesis; Theories of language development
SESSION 4	<u>Learning</u> <ul style="list-style-type: none">• Concept and theories of learning (Behaviourists, Gestalt and Information processing models) The Processes of extinction, discrimination and generalization; <u>Memory</u> <ul style="list-style-type: none">• Short term memory, Long term memory, Sensory memory, Iconic memory, The Multi store model, levels of processing Theories of forgetting: decay, interference and retrieval
TEST 2 15 DECEMBER	DEVELOPMENT+LANGUAGE+LEARNING+MEMORY

<p style="text-align: center;">SESSION 5</p>	<p style="text-align: center;"><u>Sensation, Attention and Perception</u></p> <ul style="list-style-type: none"> • Sensation: concepts of threshold, absolute and difference thresholds, signal-detection and vigilance • Theories of Attention Perception Concept related to Perception <p style="text-align: center;"><u>Thinking and Problem Solving</u></p> <ul style="list-style-type: none"> • Piaget's theory of cognitive development; Concept formation processes; Information processing • Reasoning and problem solving,
<p style="text-align: center;">SESSION 6</p>	<p style="text-align: center;"><u>Intelligence and Aptitude</u></p> <ul style="list-style-type: none"> • Nature and theories of intelligence – Spearman, Thurstone, Guilford Vernon, Sternberg and J.P; Das • Emotional Intelligence, Social intelligence, measurement of intelligence and aptitudes • Fluid intelligence and crystallized intelligence
<p style="text-align: center;">TEST 3 22 DECEMBER</p>	<p style="text-align: center;">SENSATION +THINKING +INTELLIGENCE</p>
<p style="text-align: center;">SESSION 7</p>	<p style="text-align: center;"><u>Attitudes, Values and Interests</u></p> <ul style="list-style-type: none"> • Definition of attitudes, values and interests; Components of attitudes; • Theories of attitude change; Strategies for fostering values, Theories of attribution
<p style="text-align: center;">SESSION 8</p>	<p style="text-align: center;"><u>Psychological problems of social integration</u></p> <ul style="list-style-type: none"> • The concept of social integration; • Nature and manifestation of prejudice between the in-group and out-group • Psychological strategies for handling the conflicts and prejudices • Measures to achieve social integration <p style="text-align: center;"><u>Psychology of Gender</u></p> <ul style="list-style-type: none"> • Glass ceiling effect Self-fulfilling prophecy, Women and Indian society
<p style="text-align: center;">TEST 4 29 DECEMBER</p>	<p style="text-align: center;">ATTITUDE+SOCIAL INTEGRATION+GENDER</p>
<p style="text-align: center;">SESSION 9</p>	<p style="text-align: center;"><u>Motivation and Emotion</u></p> <ul style="list-style-type: none"> • Psychological and physiological basis of motivation and emotion; • Extrinsic and intrinsic motivation • Factors influencing intrinsic motivation;

<p style="text-align: center;">SESSION 10</p>	<p style="text-align: center;"><u>Work Psychology and Organisational Behaviour</u></p> <ul style="list-style-type: none"> • Theories of work motivation – Herzberg, Maslow, Adam Equity theory, Porter and Lawler, Vroom; • Transformational leadership; Sensitivity training; Power and politics in organizations <p style="text-align: center;"><u>Psychology and Economic development</u></p> <ul style="list-style-type: none"> • Characteristics of entrepreneurial behaviour • Motivating and training people for entrepreneurship and economic development •
<p style="text-align: center;">TEST 5 05 JANUARY</p>	<p style="text-align: center;">MOTIVATION&EMOTION +WORK+ECONOMIC DEV</p>
<p style="text-align: center;">SESSION 11</p>	<p style="text-align: center;"><u>Therapeutic Approaches</u></p> <ul style="list-style-type: none"> • Psychodynamic therapies; Behaviour therapies; Client centred therapy • Cognitive therapies; Indigenous therapies (Yoga, Meditation); Biofeedback therapy <p style="text-align: center;"><u>Psychological well being and Mental Disorders</u></p> <ul style="list-style-type: none"> • Causal factors in mental disorders (Anxiety disorders, mood disorders, schizophrenia and delusional disorders; personality disorders, substance abuse disorders)
<p style="text-align: center;">SESSION 12</p>	<p style="text-align: center;"><u>Rehabilitation Psychology</u></p> <ul style="list-style-type: none"> • Rehabilitation of persons suffering from substance abuse, juvenile delinquency, criminal behaviour • Rehabilitation of victims of violence, Rehabilitation of HIV/AIDS victims, the role of social agencies
<p style="text-align: center;">TEST 6 12 JANUARY</p>	<p style="text-align: center;">WELL BEING +REHAB+THEREAUPITIC APPROACH</p>
<p style="text-align: center;">SESSION 13</p>	<p style="text-align: center;"><u>Application of Psychology to Educational Field</u></p> <ul style="list-style-type: none"> • Psychological principles underlying effective teaching-learning process • Learning styles; Gifted, retarded, learning disabled and their training • Use of psychological tests in educational institutions;

<p>SESSION 14</p>	<p><u>Application of Psychology to disadvantaged groups</u></p> <ul style="list-style-type: none"> • The concepts of disadvantaged, deprivation; Social, physical, cultural and economic consequences of disadvantaged and deprived groups • Relative and prolonged deprivation <p><u>Application of psychology in other fields</u></p> <ul style="list-style-type: none"> • Military + Sports+ terrorism (PSYCHOLOGY)
<p>TEST 7 19 JANUARY</p>	<p>EDUCATION +DISADVANTAGE+OTHER FIELD</p>
<p>SESSION 15</p>	<p><u>Community Psychology</u></p> <ul style="list-style-type: none"> • Arousing community consciousness and action for handling social problems • Effective strategies for social change <p><u>Application of psychology to environment and related fields</u></p> <p>Motivating for small family norm; Impact of rapid scientific and technological growth on degradation of the environment</p>
<p>SESSION 16</p>	<p><u>Application of Psychology in Information Technology and Mass Media</u></p> <ul style="list-style-type: none"> • The present scenario of information technology and the mass media boom and the role of psychologists • Psychological consequences of recent developments in Information Technology
<p>TEST 8 26 JANUARY</p>	<p>COMMUNITY+ENVIRONMENT+IT&MASS MEDIA</p>
<p>SESSION 17</p>	<p>Research Method + Method of Psychology</p>
<p>SESSION 18</p>	<p>Measurement of Individual Differences</p>
<p>TEST 9 02 FEBRUARY</p>	<p>RESEARCH+METHOD+INDIVIDUAL DIFFERENCE</p>
<p>SESSION 19</p>	<p>Extra session for the Remaining Topics</p>
<p>SESSION 20</p>	<p>Extra session for the Remaining Topics</p>
<p>TEST 10 09 FEBRUARY</p>	<p>FLT-1</p>
<p>TEST 11 16 FEBRUARY</p>	<p>FLT-2</p>
<p>TEST 12 23 FEBRUARY</p>	<p>FLT-3</p>

PSYCHOLOGY FOUNDATION COURSE 2025/26

ABOUT THE FACULTY

- Widely acknowledged for his UPSC exam oriented and student-centric teaching style.
- Commanding knowledge in the field of Psychology, Ethics & Essay .
- Associated with various institutes - STUDYIQ Education, Stellar IAS, Prepp IAS, Jigyasa IAS, Pratham Institute of financial Management.
- Mentoring Civil services aspirants for more than 7 years.
- He is well-known for his pedagogical strategy, which emphasizes the junction of the three— subjects, students, and the exam—and gives students constant motivation for their UPSC Journey .



SANKET JAIN

(FOUNDER & LEAD MENTOR
PSYCHE SIMPLIFIED)



OUR ACHIEVERS

UPSC CSE 2023



T BHUVANESHAM
AIR 41



ANUPINDER KAUR
AIR 585



JAYAVANI M
AIR 698

UPSC CSE 2022



MANASVI SHARMA
AIR 101



ARCHISHA B.
AIR 404



DAMINI DIWAKAR
AIR 435



RAHUL KANT
AIR 497



SHASHANK PANDEY
AIR 809

UPSC CSE 2021



ANUSHTHA KALIA
AIR 143



JASLEEN KAUR
AIR 294



BISWA BHUSHAN
OPSC AIR 68

PERSONAL MENTORSHIP PROGRAMME

2025/26

FEE STRUCTURE

MODULE	ONLY TESTS and PERSONAL MENTORSHIP	TESTS, PERSONAL MENTORSHIP and ONLINE SESSION
MODULE 1	15599/-	24599/-

PAYMENT DETAILS



UPI ID: psychesimplified@oksbi

Scan the QR Code or Use the Below UPI Id psychesimplified@oksbi For making the Payment.

ENROLLMENT PROCESS

Please send a Screenshot of payment details along with your Name, Email Id and Contact Details through WhatsApp on 7987391094 or psychesimplified@gmail.com

NOTE

- Online Recorded Session are only to highlight the Important Areas and Major Themes
- Validity of the Test Series can be Extended to Next Year if you did not clear the exam.
- All the Tests Include Model Answer and One To One Discussions.
- All the Modules are in Online Mode.

For Any queries related to the Fee Structure of the Course, Please call at :- 7987391094



PSYCHE-simplified
BE YOUR BETTER VERSION

CONTACT US



+91-7987391094, +91-9718793363



www.psychesimplified.com



psychesimplified@gmail.com



**16-A/2, First Floor, Ajmal Khan Road, W.E.A.,
Karol Bagh, New Delhi, 110005**



[Psyche simplified](https://www.youtube.com/psychesimplified)



[upscpsychology1](https://www.t.me/upscpsychology1)



Android
Download the
App Now

**Click on this text to
download our App.**