

**IAS**  
**2026**  
**2027**

# **PSYCHOLOGY**

## **PERSONAL MENTORSHIP PROGRAM**

**05  
OCTOBER  
2025**

**2026/27**

By: **SANKET JAIN**



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# PSYCHOLOGY MENTORSHIP COURSE

## 2026-2027

### 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 Solved PYQs

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	<b><u>Introduction</u></b> <ul style="list-style-type: none"><li>• Definition of Psychology; Historical antecedents of Psychology and trends in the 21st century</li><li>• Psychology and scientific methods; Psychology in relation to other social sciences and natural sciences</li><li>• Application of Psychology to societal problems</li></ul>
SESSION 2	<b><u>Personality</u></b> <ul style="list-style-type: none"><li>• Theories of personality (psychoanalytical, sociocultural, interpersonal, Developmental, humanistic, behaviouristic, trait and type approaches) The notion of self</li></ul>
TEST 1 05 OCTOBER	INTRODUCTION & PERSONALITY
SESSION 3	<b><u>Development of Human Behaviour</u></b> <ul style="list-style-type: none"><li>• Role of genetic and environmental factors in determining human behaviour</li><li>• Influence of cultural factors in socialization– Characteristics, development tasks</li></ul> <b><u>Language and Communication</u></b> <ul style="list-style-type: none"><li>• Human language – Properties, structure and linguistic hierarchy</li><li>• critical period hypothesis; Theories of language development</li></ul>
SESSION 4	<b><u>Learning</u></b> <ul style="list-style-type: none"><li>• Concept and theories of learning (Behaviourists, Gestalt and Information processing models) The Processes of extinction, discrimination and generalization;</li></ul> <b><u>Memory</u></b> <ul style="list-style-type: none"><li>• Short term memory, Long term memory, Sensory memory, Iconic memory, The Multi store model, levels of processing Theories of forgetting: decay, interference and retrieval</li></ul>
TEST 2 19 OCTOBER	DEVELOPMENT+LANGUAGE+LEARNING+MEMORY

<b>SESSION 5</b>	<p><b><u>Sensation, Attention and Perception</u></b></p> <ul style="list-style-type: none"> <li>• Sensation: concepts of threshold, absolute and difference thresholds, signal-detection and vigilance</li> <li>• Theories of Attention Perception Concept related to Perception</li> </ul> <p><b><u>Thinking and Problem Solving</u></b></p> <ul style="list-style-type: none"> <li>• Piaget's theory of cognitive development; Concept formation processes; Information processing</li> <li>• Reasoning and problem solving,</li> </ul>
<b>SESSION 6</b>	<p><b><u>Intelligence and Aptitude</u></b></p> <ul style="list-style-type: none"> <li>• Nature and theories of intelligence – Spearman, Thurstone, Guilford Vernon, Sternberg and J.P; Das</li> <li>• Emotional Intelligence, Social intelligence, measurement of intelligence and aptitudes</li> <li>• Fluid intelligence and crystallized intelligence</li> </ul>
<b>TEST 3</b> <b>02 NOVEMBER</b>	<b>SENSATION +THINKING +INTELLIGENCE</b>
<b>SESSION 7</b>	<p><b><u>Attitudes, Values and Interests</u></b></p> <ul style="list-style-type: none"> <li>• Definition of attitudes, values and interests; Components of attitudes;</li> <li>• Theories of attitude change; Strategies for fostering values, Theories of attribution</li> </ul>
<b>SESSION 8</b>	<p><b><u>Psychological problems of social integration</u></b></p> <ul style="list-style-type: none"> <li>• The concept of social integration;</li> <li>• Nature and manifestation of prejudice between the in-group and out-group</li> <li>• Psychological strategies for handling the conflicts and prejudices</li> <li>• Measures to achieve social integration</li> </ul> <p><b><u>Psychology of Gender</u></b></p> <ul style="list-style-type: none"> <li>• Glass ceiling effect Self-fulfilling prophecy, Women and Indian society</li> </ul>
<b>TEST 4</b> <b>09 NOVEMBER</b>	<b>ATTITUDE+SOCIAL INTEGRATION+GENDER</b>
<b>SESSION 9</b>	<p><b><u>Motivation and Emotion</u></b></p> <ul style="list-style-type: none"> <li>• Psychological and physiological basis of motivation and emotion;</li> <li>• Extrinsic and intrinsic motivation</li> <li>• Factors influencing intrinsic motivation;</li> </ul>

<p><b>SESSION 10</b></p>	<p><b><u>Work Psychology and Organisational Behaviour</u></b></p> <ul style="list-style-type: none"> <li>• Theories of work motivation – Herzberg, Maslow, Adam Equity theory, Porter and Lawler, Vroom;</li> <li>• Transformational leadership; Sensitivity training; Power and politics in organizations</li> </ul> <p><b><u>Psychology and Economic development</u></b></p> <ul style="list-style-type: none"> <li>• Characteristics of entrepreneurial behaviour</li> <li>• Motivating and training people for entrepreneurship and economic development</li> <li>• </li> </ul>
<p><b>TEST 5</b> <b>23 NOVEMBER</b></p>	<p><b>MOTIVATION&amp;EMOTION +WORK+ECONOMIC DEV</b></p>
<p><b>SESSION 11</b></p>	<p><b><u>Therapeutic Approaches</u></b></p> <ul style="list-style-type: none"> <li>• Psychodynamic therapies; Behaviour therapies; Client centred therapy</li> <li>• Cognitive therapies; Indigenous therapies (Yoga, Meditation); Biofeedback therapy</li> </ul> <p><b><u>Psychological well being and Mental Disorders</u></b></p> <ul style="list-style-type: none"> <li>• Causal factors in mental disorders (Anxiety disorders, mood disorders, schizophrenia and delusional disorders; personality disorders, substance abuse disorders)</li> </ul>
<p><b>SESSION 12</b></p>	<p><b><u>Rehabilitation Psychology</u></b></p> <ul style="list-style-type: none"> <li>• Rehabilitation of persons suffering from substance abuse, juvenile delinquency, criminal behaviour</li> <li>• Rehabilitation of victims of violence, Rehabilitation of HIV/AIDS victims, the role of social agencies</li> </ul>
<p><b>TEST 6</b> <b>30 NOVEMBER</b></p>	<p><b>WELL BEING +REHAB+THEREAUPITIC APPROACH</b></p>
<p><b>SESSION 13</b></p>	<p><b><u>Application of Psychology to Educational Field</u></b></p> <ul style="list-style-type: none"> <li>• Psychological principles underlying effective teaching-learning process</li> <li>• Learning styles; Gifted, retarded, learning disabled and their training</li> <li>• Use of psychological tests in educational institutions;</li> </ul>

<b>SESSION 14</b>	<p><b><u>Application of Psychology to disadvantaged groups</u></b></p> <ul style="list-style-type: none"> <li>• The concepts of disadvantaged, deprivation; Social, physical, cultural and economic consequences of disadvantaged and deprived groups</li> <li>• Relative and prolonged deprivation</li> </ul> <p><b><u>Application of psychology in other fields</u></b></p> <ul style="list-style-type: none"> <li>• Military + Sports+ terrorism (PSYCHOLOGY)</li> </ul>
<b>TEST 7</b> <b>14 DECEMBER</b>	<b>EDUCATION +DISADVANTAGE+OTHER FIELD</b>
<b>SESSION 15</b>	<p><b><u>Community Psychology</u></b></p> <ul style="list-style-type: none"> <li>• Arousing community consciousness and action for handling social problems</li> <li>• Effective strategies for social change</li> </ul> <p><b><u>Application of psychology to environment and related fields</u></b></p> <p>Motivating for small family norm; Impact of rapid scientific and technological growth on degradation of the environment</p>
<b>SESSION 16</b>	<p><b><u>Application of Psychology in Information Technology and Mass Media</u></b></p> <ul style="list-style-type: none"> <li>• The present scenario of information technology and the mass media boom and the role of psychologists</li> <li>• Psychological consequences of recent developments in Information Technology</li> </ul>
<b>TEST 8</b> <b>28 DECEMBER</b>	<b>COMMUNITY+ENVIRONMENT+IT&amp;MASS MEDIA</b>
<b>SESSION 17</b>	<b>Research Method + Method of Psychology</b>
<b>SESSION 18</b>	<b>Measurement of Individual Differences</b>
<b>TEST 9</b> <b>04 JANUARY</b>	<b>RESEARCH+METHOD+INDIVIDUAL DIFFERENCE</b>
<b>SESSION 19</b>	<b>Extra session for the Remaining Topics</b>
<b>SESSION 20</b>	<b>Extra session for the Remaining Topics</b>
<b>TEST 10</b> <b>11 JANUARY</b>	<b>FLT-1</b>
<b>TEST 11</b> <b>18 JANUARY</b>	<b>FLT-2</b>
<b>TEST 12</b> <b>25 JANUARY</b>	<b>FLT-3</b>



# PSYCHOLOGY MENTORSHIP COURSE

## 2026-2027

### 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 over 10 years and producing top ranks in Psychology every year.
- 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 2024



**VIKAS YADAV**  
AIR 776



**NAVEEN RAJ**  
AIR 968

### UPSC CSE 2023



**T BHUVANESHRAM**  
AIR 41



**ANUPINDER KAUR**  
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**JAYAVANI M**  
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**SHASHANK PANDEY**  
AIR 809

### UPSC CSE 2021



**ANUSHTHA KALIA**  
AIR 143



**JASLEEN KAUR**  
AIR 294



**BISWA BHUSHAN**  
OPSC AIR 68



# PERSONAL MENTORSHIP PROGRAMME 2026-2027

## FEE STRUCTURE

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

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## NOTE

- Online 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



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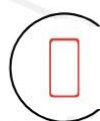
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**PSYCHOLOGY LECTURE SCHEDULE (ADVANCE THEME  
BASED LECTURES)**

<b>Theme</b>	<b>Topics</b>
<b>Theme 1: Foundations of Psychology.</b>	<ul style="list-style-type: none"><li>- Definition, origin, and scope of psychology</li><li>- Historical antecedents and trends in the 21st century</li><li>- Psychology as a science and its relation to other sciences</li><li>- Application of psychology to societal problems</li></ul>
<b>Theme 2: Methods in Psychology &amp; Research + Individual differences</b>	<ul style="list-style-type: none"><li>- Types and methods of research</li><li>- Experimental and non-experimental designs</li><li>- Statistical methods (t-test, ANOVA, regression, factor analysis)</li><li>- Item response theory, grounded theory, FGD, brainstorming</li></ul>
<b>Theme 3: Human Development and language acquisition.</b>	<ul style="list-style-type: none"><li>- Principles of growth and development</li><li>- Role of genetic and environmental factors</li><li>- Influence of culture and socialization</li><li>- Development tasks and well-being across lifespan</li><li>- Language acquisition, communication training</li></ul>
<b>Theme 4: Sensation, Attention &amp; Perception.</b>	<ul style="list-style-type: none"><li>- Thresholds, vigilance, and signal detection</li><li>- Factors affecting attention and perception</li><li>- Perceptual organization, plasticity, ESP, subliminal perception</li></ul>



<b>Theme 5: Learning &amp; Memory.</b>	<ul style="list-style-type: none"> <li>- Learning theories: Behaviorist, Gestalt, Cognitive</li> <li>- Reinforcement, modeling, punishment</li> <li>- Types and models of memory, forgetting theories, mnemonic devices</li> </ul>
<b>Theme 6: Thinking, Problem Solving &amp; Creativity.</b>	<ul style="list-style-type: none"> <li>- Piaget's theory, reasoning, decision-making</li> <li>- Creative thinking, factors influencing problem solving</li> </ul>
<b>Theme 7: Motivation &amp; Emotion &amp; Work Psychology</b>	<ul style="list-style-type: none"> <li>- Theories of motivation and emotion</li> <li>- Intrinsic vs. extrinsic motivation</li> <li>- Emotional competence and physiological basis</li> <li>- Workplace motivation</li> <li>- HRM, leadership</li> </ul>
<b>Theme 8: Intelligence, Aptitude &amp; Personality.</b>	<ul style="list-style-type: none"> <li>- Theories of intelligence (Spearman to Das)</li> <li>- Emotional and social intelligence</li> <li>- Personality theories (Psychoanalytic to Big Five)</li> <li>- Indian perspectives on personality</li> </ul>
<b>Theme 9: Attitudes, Values, Interests &amp; Gender Psychology</b>	<ul style="list-style-type: none"> <li>- Attitude formation, stereotypes, prejudice</li> <li>- Attribution theories, value education</li> <li>- Gender issues and stereotypes</li> </ul>
<b>Theme 10: Social Psychology</b>	<ul style="list-style-type: none"> <li>- Community psychology and social change</li> <li>- Disadvantaged group</li> <li>- Social Integration</li> </ul>
<b>Theme 11: Applications in Health &amp; Clinical Psychology</b>	<ul style="list-style-type: none"> <li>- Mental disorders: Anxiety, Mood, Schizophrenia, Personality</li> <li>- Therapeutic approaches: CBT, Psychodynamic, Indigenous</li> </ul>

	- Rehabilitation and mental health promotion
<b>Theme 12: Education Psychology</b>	- Educational psychology and special needs - Psychology of Economic Development
<b>Theme 13: Psychology in Media, IT, Military, and Sports.</b>	- Mass Media: Media influence on aggression and prosocial behaviour, Social media and self-image, Internet addiction and cyber behaviour - Military Psychology: Soldier selection and training, Combat stress and PTSD - Sports Psychology: Motivation and goal-setting, Team dynamics and mental training
<b>Theme 14: Psychology of Environment, Population, Terrorism.</b>	- Environmental Psychology: Noise, crowding, and stress, Promoting eco-friendly behaviour - Population Psychology: Attitudes toward family planning, Myths and motivation barriers - Terrorism Psychology: Radicalization and group influence, Identity, grievance, and propaganda
<b>Theme 15: Special session on Indian Psychology and Contemporary Psychology</b>	- Indian perspectives and contemporary trends in Psychology