Sociology

ORIGINAL STUDY COMPANION
PADIKAM
CLASS 12 | HUMANITIES
Sociology
CBSE / NCERT core lessons | Academic year 2026-27
11 chapter lessons
Quick explanations, core points, exam practice and chapter-specific notation in one consistent format.
Padikam explanations are independently written. Official textbooks are used as the coverage map, chapter sequence and terminology reference.

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Study rhythm
Read the quick explanation, recall the core points aloud, then answer the prompts without looking back. Use the official textbook links for full prescribed readings, activities and diagrams.
Textbook and verification links
1. https://cbseacademic.nic.in/web_material/CurriculumMain27/SecPart2/Sociology_SecP2_2026-27.pdf
2. https://ncert.nic.in/textbook.php?lesy1=0-7
3. https://ncert.nic.in/textbook.php?lesy2=0-8

CHAPTER 01
Introducing Indian Society
Quick understanding
Indian society is approached through colonialism, nationalism, class and community so familiar life can be examined sociologically.
Core points Check your learning
Personal experience is shaped by institutions. Explain the central idea of Introducing Indian Society in your own words.
Colonial knowledge changed social categories.
Apply one idea from Introducing Indian
Diversity and inequality must be studied together.
Society to a textbook-style example or source.
One-line recall Personal experience is shaped by institutions.

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CHAPTER 02
Demographic Structure of Indian Society
Quick understanding
Demography links population size, composition and change with social policy and inequality.
Core points Check your learning
Fertility, mortality and migration change population. Explain the central idea of Demographic
Structure of Indian Society in your own
Age, sex and rural-urban structures shape needs.
words.
Population policy has social as well as numerical
Apply one idea from Demographic
effects.
Structure of Indian Society to a textbook-
style example or source.
Equation and notation
Sex ratio = Females / Males × 1000
Dependency ratio = Dependants / Working-age population × 100
SYMBOLS AND UNITS
Population values: number of persons Ratios: females per 1000 males or percent as stated
One-line recall Fertility, mortality and migration change population.
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CHAPTER 03
Social Institutions: Continuity and Change
Quick understanding
Caste, tribe, family and kinship continue by adapting to political, economic and cultural change.
Core points Check your learning
Institutions organise roles and expectations. Explain the central idea of Social
Institutions: Continuity and Change in
Caste changes form without simply disappearing.
your own words.
Family and kinship vary across region and
Apply one idea from Social Institutions:
community.
Continuity and Change to a textbook-
style example or source.
One-line recall Institutions organise roles and expectations.
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CHAPTER 04
Patterns of Social Inequality and Exclusion
Quick understanding
Social inequality is sustained when categories such as caste, tribe, gender or disability shape access
and recognition.
Core points Check your learning
Exclusion can operate through institutions and Explain the central idea of Patterns of
everyday practice. Social Inequality and Exclusion in your
own words.
Systems often justify unequal outcomes as natural.
Apply one idea from Patterns of Social
Law and collective struggle can challenge durable
Inequality and Exclusion to a textbook-
inequality.

style example or source.
One-line recall Exclusion can operate through institutions and everyday practice.
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CHAPTER 05
Challenges of Cultural Diversity
Quick understanding
Democratic diversity requires protection of identity and rights without allowing communal domination or exclusion.
Core points Check your learning
Nation and cultural community are related but not Explain the central idea of Challenges of
identical. Cultural Diversity in your own words.
Regionalism can be democratic or exclusionary. Apply one idea from Challenges of
Cultural Diversity to a textbook-style
State and civil society both mediate conflict.
example or source.
One-line recall Nation and cultural community are related but not identical.
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CHAPTER 06
Structural Change
Quick understanding
Colonialism, industrialisation and urbanisation changed Indian institutions, occupations and spatial organisation.
Core points Check your learning
Structure refers to patterned institutional Explain the central idea of Structural
relationships. Change in your own words.
Industrialisation shifts labour and settlement. Apply one idea from Structural Change
to a textbook-style example or source.
Colonial change was uneven and shaped later
development.
One-line recall Structure refers to patterned institutional relationships.
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CHAPTER 07
Cultural Change
Quick understanding
Social reform and processes such as Sanskritisation, Westernisation, modernisation and secularisation describe contested cultural change.
Core points Check your learning
No single concept explains every change. Explain the central idea of Cultural
Change in your own words.
Reform movements connect ideas with organisation.
Apply one idea from Cultural Change to
Modernity has multiple forms and unequal access.
a textbook-style example or source.
One-line recall No single concept explains every change.
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CHAPTER 08
Change and Development in Rural Society
Quick understanding
Rural society changes through land relations, caste, agricultural technology, migration and markets.
Core points Check your learning
Land reforms varied in design and result. Explain the central idea of Change and

Development in Rural Society in your
The Green Revolution had regional and class
own words.
effects.
Apply one idea from Change and
Circulating labour links rural and urban economies.
Development in Rural Society to a
textbook-style example or source.
One-line recall Land reforms varied in design and result.
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CHAPTER 09
Change and Development in Industrial Society
Quick understanding
Industrial society organises work through firms, technology, labour markets, contracts and collective institutions.
Core points Check your learning
Formal and informal work differ in security. Explain the central idea of Change and
Development in Industrial Society in your
Work processes distribute control and skill.
own words.
Unions and strikes negotiate power as well as wages.
Apply one idea from Change and
Development in Industrial Society to a
textbook-style example or source.
One-line recall Formal and informal work differ in security.
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CHAPTER 10
Social Movements
Quick understanding
Social movements sustain collective action around class, caste, tribe, gender, environment or broader social change.
Core points Check your learning
Movements need organisation and shared frames. Explain the central idea of Social
Movements in your own words.
Old and new movement labels are analytical, not
absolute. Apply one idea from Social Movements
to a textbook-style example or source.
Success can include changed policy, identity or
public language.
One-line recall Movements need organisation and shared frames.
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CHAPTER 11
Sociology Project Work
Quick understanding
Aproject develops a sociological question through ethical evidence collection, analysis and citation.
Core points Check your learning
Define a feasible question and method. Explain the central idea of Sociology
Project Work in your own words.
Protect consent and confidentiality.
Apply one idea from Sociology Project
Distinguish findings, interpretation and limitations.
Work to a textbook-style example or

source.

One-line recall Define a feasible question and method.

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