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| Sr.No | Topic | Link  |
| 1 | Meaning of frustration  | <https://www.youtube.com/watch?v=c2P3ZADiYLE&t=52s> |
| 2 | What id Stress  | <https://www.youtube.com/watch?v=fQrjn0Nc9Vs&t=13s> |
| 3 | Psychology of Personal Adjustment  | <https://www.youtube.com/watch?v=phPW6G3RBEA&list=PLKS7OQoqtDOnSoLYgT9o4KIKe3jhpTWPJ> |
| 4 | Introduction to Abnormal Psychology  | <https://www.youtube.com/watch?v=nxYDFuJMRK4> |
| 5 | Definition of Social Psychology  | <https://www.youtube.com/watch?v=b1YfCram6bQ&t=122s> |
| 6 | Career in Psychology  | <https://www.youtube.com/watch?v=YSjM4QeXXug&list=PLKS7OQoqtDOnSoLYgT9o4KIKe3jhpTWPJ&index=3> |
| 7 | Field are of psychology of personal Adjustment  | <https://www.youtube.com/watch?v=bdGwFQCWC8k&list=PLKS7OQoqtDOnSoLYgT9o4KIKe3jhpTWPJ&index=4> |
| 8 | Motivation  | <https://www.youtube.com/watch?v=s8ojyvj1mto> |