

## Detailed Timeline of Psychology's Evolution

- **1879: Wilhelm Wundt establishes the first experimental psychology laboratory in Leipzig, Germany**, marking the formal beginning of modern psychology. Wundt was interested in studying conscious experience and analyzing the 'building blocks' of the mind.
- **1890: William James publishes *Principles of Psychology***. James developed the functionalist approach, focusing on what the mind does and how behaviour helps individuals adapt to their environment.
- **1895: Functionalism is formulated as a system of psychology**.
- **1900: Sigmund Freud develops Psychoanalysis**, a system to understand and cure psychological disorders, viewing human behaviour as a dynamic manifestation of unconscious desires and conflicts.
- **1904: Ivan Pavlov wins the Nobel Prize** for his work on the digestive system, which led to an understanding of principles of response development (influencing behaviourism).
- **1905: Intelligence test developed by Binet and Simon**.
- **1912: Gestalt psychology is born in Germany**. This perspective emphasized that perceptual experience is holistic, "more than the sum of its components".
- **1915: The first psychology laboratory in India is established at Calcutta University** within the Department of Philosophy, where the first experimental psychology syllabus was introduced.
- **1916: The first Department of Psychology at Calcutta University is established**.
- **1922: Psychology is included in the Indian Science Congress Association**.
- **1922: Indian Psychoanalytical Association is established by Professor G. Bose**.
- **1924: Indian Psychological Association is founded**.
- **1924: John B. Watson publishes *Behaviourism***, a book that led to the foundation of behaviourism, focusing on observable and verifiable behaviour.
- **1928: N.N. Sengupta and Radhakamal Mukerjee publish the first textbook on Social Psychology**.
- **1938: A Department of Applied Psychology is established at Calcutta University**.
- **1949: Psychological Research Wing of the Defence Science Organisation of India is established**.
- **1951: Humanistic psychologist Carl Rogers publishes *Client-Centred Therapy***.
- **1953: B.F. Skinner publishes *Science and Human Behaviour***, strengthening behaviourism as a major approach to psychology.
- **1954: Humanistic psychologist Abraham Maslow publishes *Motivation and Personality***.
- **1954: Bureau of Psychology is established at Allahabad**.

- **1955:** National Institute of Mental Health and Neurosciences (NIMHANS) is established at Bangalore.
- **1962:** Hospital for Mental Diseases in Ranchi is established.
- **1973:** Konrad Lorenz and Niko Tinbergen win the Nobel Prize for their work on built-in species-specific animal behaviour patterns that emerge without any prior experience/learning.
- **1978:** Herbert Simon wins the Nobel Prize for work on decision-making.
- **1981:** David Hubel and Torsten Wiesel win the Nobel Prize for their research on vision cells in the brain.
- **1981:** Roger Sperry wins the Nobel Prize for split-brain research.
- **1986:** Durganand Sinha publishes *Psychology in a Third World Country: The Indian Experience*, which traces the history of modern psychology in India through four phases.
- **1989:** National Academy of Psychology (NAOP) India was founded.
- **1997:** National Brain Research Centre (NBRC) is established at Gurgaon, Haryana.
- **2002:** Daniel Kahneman wins the Nobel Prize for research on human judgment and decision-making under uncertainty.
- **2005:** Thomas Schelling wins the Nobel Prize for his work in applying Game Theory to understanding of conflict and cooperation in economic behaviour.

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## Glossary of Key Terms

1. **Behaviour:** Responses or reactions we make or activities we engage in. Behaviours can be simple or complex, short or enduring, and can be either overt (outwardly seen or sensed) or covert (internal).
2. **Behaviourism:** A school of thought in psychology, established by John Watson and further developed by B.F. Skinner, that rejected the study of mind and consciousness and focused solely on observable, measurable, and verifiable behaviours or responses to stimuli.
3. **Cognition:** The process of knowing, which involves mental processes such as thinking, understanding, perceiving, memorizing, problem-solving, and decision-making, enabling our knowledge of the world to develop.
4. **Cognitive approach:** A psychological perspective that focuses on how we know about the world, investigating mental processes involved in the acquisition, storage, manipulation, and transformation of information.
5. **Consciousness:** Refers to states of awareness or mental processes; experiences are embedded in our awareness or consciousness.
6. **Constructivism:** A view within modern cognitive psychology that human beings actively construct their minds through their exploration into the physical and social world.
7. **Developmental psychology:** A field of psychology that studies the physical, social, and psychological changes that occur at different ages and stages over a person's entire life-span, from conception to old age.

8. **Functionalism:** An approach to the study of the human mind, developed by William James, which focuses on what the mind does and how behaviour functions in helping people adapt to their environment.
9. **Gestalt:** A German word meaning "form" or "pattern." In Gestalt psychology, it signifies that our perceptual experience is holistic, meaning it is more than the sum of its individual components.
10. **Gestalt psychology:** A psychological perspective that emerged in Germany, focusing on the organization of perceptual experiences and arguing that our experience is holistic and more than just the inputs received from our environment.
11. **Humanistic approach:** A psychological perspective, advocated by psychologists like Carl Rogers and Abraham Maslow, which emphasizes the free will of human beings and their natural striving to grow and unfold their inner potential.
12. **Introspection:** A procedure used by structuralists, in which individuals in psychological experiments were asked to describe in detail their own mental processes or experiences.
13. **Mind:** An entity that, while unable to exist without the brain, is considered separate. It emerges and evolves as our interactions and experiences dynamically organize into a system responsible for various mental processes.
14. **Neuropsychology:** A field of research where psychologists and neuroscientists collaborate to study the role of neurotransmitters and specific brain areas in mental functions, using advanced technologies like EEG, PET, and fMRI.
15. **Physiological psychology (Biological Psychology):** This branch of psychology focuses on the relationship between behaviour and the physical system, which includes the brain and the rest of the nervous system, the immune system, and genetics.
16. **Psychoanalysis:** A system developed by Sigmund Freud to understand and cure psychological disorders, based on the view that human behaviour is a dynamic manifestation of unconscious desires and conflicts.
17. **Sociology:** A social science discipline that closely interacts with psychology to explain and understand the behaviour of individuals within different socio-cultural contexts, addressing issues like socialisation, group behaviour, and intergroup conflicts.
18. **Stimulus:** Any event in the environment or internal changes that happen, which are associated with or trigger behaviours, whether overt or covert.
19. **Structuralism:** Wilhelm Wundt's approach, which aimed to analyze the constituents or "building blocks" of the mind by studying conscious experience, primarily through the method of introspection.