Crystal field stabilization energy for low spin d^4 octahedral complex is

(A) $-0.6\ \Delta_0$ (B) $-1.8\ \Delta_0$ (C) $-1.6\ \Delta_0 + P$ (D) $-1.2\ \Delta_0$

Ans: P=1 as the compound has SFL for Low spin: -4*2/5 **Δ**
= -1.6 Δ+P

It will fill all eg and 1 eg will be filled completely so pairing energy is P