

Course Name	–	POST GRADUATE TRAINING IN INDUSTRIAL PSYCHOLOGY (CNO 091)
Course Duration	–	12 months / 36 credits / Total 12 Modules / 24x7 Virtual Support
Course Mode	–	Online / Downloadable & Reusable Materials / Guide Assisted / Practice Based
Course Structure	–	12credits compulsory + 24credits optional (as per learner’s selection)/Advanced
Eligibility	–	10+2+3 or 15+2 Years (psychology/social work/hd/hr/training/mgt)
Interaction	-	24/7 Advisor Call Support – 24/7 Guide Email Support / Self-paced or Scheduled

COMPULSORY MODULES - 12 CREDITS / 4 MODULES / 4 MONTHS

09101 – WORKPLACE MENTAL HEALTH ISSUES – 3 credits / 30 days of learning	Examines psychological challenges in the workplace and their impact on employees.
09102 – WORKPLACE PSYCHOLOGY – 3 credits / 30 days of learning	Focuses on understanding behaviour, motivation, and dynamics within organizations.
09103 – WORKPLACE WELLBEING – 3 credits / 30 days of learning	Covers strategies to promote employee health, satisfaction, and productivity.
09104 – WORK LIFE BALANCE – 3 credits / 30 days of learning	Explores methods to manage professional and personal life effectively.

OPTIONAL MODULES - CHOOSE 08 MODULES FROM THE BELOW LIST
(03 CREDITS/ MODULE/ 30 DAYS OF LEARNING – 08 MONTHS – 08 MODULES – 24CREDITS)

09100 - Psychology – 3 credits/ 30 days of learning	This module is compulsory only for learners without a prior psychology background. It introduces key concepts such as psychological theories, memory, cognition, and learning.	
09108 – EMPLOYEE TRAINING	09113 – SOLUTION FOCUSED COACHING	09118 – EMPLOYEE WELL-BEING
09109 – MANAGING WORKPLACE VIOLENCE	09114 – COACHING SOFT SKILLS	09119 – WORKPLACE EMOTIONAL INTELLIGENCE
09110 – TEAM BUILDING	09115 – EMPOWERING PERFORMANCE	09120 – CORPORATE COUNSELLING
09111 – TALENT RETENTION	09116 - ORGANIZATION DEVELOPMENT INTERVENTIONS	09121 – MOTIVATIONAL INTERVIEWING
09112 – STRESS MANAGEMENT	09117 – COACHING AND MENTORING	09122 – SELF EMPOWERMENT TOOLS
Course Fee	Learners from India	International Learners
Life Member of IHMH	Rs. 11, 800	\$260
Others	Rs. ₹12,800	\$300

For Admissions - To Know about Course details and Commencement dates, Text or WhatsApp Course No and Your Email ID to 0091 979 00 88 002 or email us at info@ihmh.in / info@ihmh.org