

Course Name	–	POST GRADUATE DIPLOMA IN MINDFULNESS AND WELLBEING
Course Duration	–	12 months / 48 credits / Maximum 15 Modules / 24x7 Virtual Support / (CNO 439)
Course Mode	–	Online / Downloadable & Reusable Materials / Trainer Led 15 One – One Live Sessions
Course Structure	–	21 credits compulsory + 27 credits optional (as per learner’s selection)/Advanced
Eligibility	–	10+2+3 or 15+2 Years (social work/management/psychology/training/hd/edu)
Interaction	-	24/7 Advisor Call Support – 24/7 Guide Email Support / Self-paced or Scheduled

COMPULSORY MODULES - 21 CREDITS / 6 MODULES / 5 MONTHS

43901 – FOUNDATIONS OF MINDFULNESS – 4cr / 30 days of learning	Introduces theoretical and philosophical foundations of mindfulness, including attention regulation, awareness, and acceptance within psychological practice.
43902 – MINDFULNESS-BASED THERAPEUTIC APPROACHES – 4 credits / 30 days learning	Covers evidence-based approaches such as MBCT, MBSR, ACT, and compassion-focused practices applied to emotional regulation and mental health management
43903 - MINDFULNESS FOR EMOTIONAL WELLBEING AND STRESS MANAGEMENT – 4 credits / 30 days	Focuses on using mindfulness practices to reduce stress, anxiety, burnout, and emotional dysregulation across clinical and non-clinical populations.
43904 – TEACHING, FACILITATING AND DESIGNING MINDFULNESS PROGRAMS – 4 credits / 30 days of learning	Trains learners in conducting mindfulness sessions, designing structured interventions, ethical practice, and evaluating outcomes.
43905 - PRAGMATISM – CASE WORK – 2 credit / 10 days of learning	Engage in practical case work to apply theory in real-life settings. This module enhances your confidence and professional skills.
43906 - DISSERTATION – 3 credit / 20 days of Inductive learning	Compiled work on a selected topic with guidance from a mentor. This module demonstrates the expertise and knowledge gained throughout the course.

OPTIONAL MODULES - CHOOSE ANY NINE MODULES FROM THE BELOW LIST - TOTALLING 27 CREDITS

43997 - Psychology – 3 credits/ 23 days of learning	Compulsory in optional only for those who do not have a previous psychology background. Knowledge about various theories of psychology, memory, cognition, learning etc.,	
43908 – MINDFULNESS-BASED COGNITIVE THERAPY (MBCT) PRACTICE	43913 – MINDFUL PARENTING AND RELATIONSHIP MINDFULNESS	43918 – MINDFULNESS AND SLEEP HYGIENE INTERVENTIONS
43909 – MINDFULNESS-BASED STRESS REDUCTION (MBSR) PROGRAMS	43914 – MINDFULNESS-BASED COACHING AND SELF-EMPOWERMENT	43919 – BODY-BASED MINDFULNESS PRACTICES
43910 – ACCEPTANCE AND COMMITMENT THERAPY SKILLS	43915 – MINDFULNESS AND POSITIVE PSYCHOLOGY INTERVENTIONS	43920 – MINDFULNESS IN ADDICTION RECOVERY
43911 – COMPASSION-FOCUSED THERAPY PRACTICES	43916 - MINDFULNESS AND EMOTIONAL INTELLIGENCE DEVELOPMENT	43921 – DIGITAL MINDFULNESS AND TECHNOLOGY-ASSISTED INTERVENTIONS
43912 – MINDFULNESS FOR ANXIETY AND DEPRESSION	43917 – MINDFULNESS FOR PAIN MANAGEMENT AND HEALTH PSYCHOLOGY	43922 – GROUP MINDFULNESS FACILITATION AND TRAINING SKILLS
43923 – MINDFULNESS FOR TRAUMA RECOVERY	43924 – WORKPLACE MINDFULNESS & BURNOUT PREVENTION	43925 – REFLECTIVE PRACTICE AND THERAPIST SELF-CARE
43926 – MINDFULNESS IN CHILD AND ADOLESCENT PRACTICE	43927 – MINDFULNESS IN EDUCATIONAL SETTINGS	43928 – CASE WORK PRACTICE IN MINDFULNESS-BASED INTERVENTIONS
Course Fee	Learners from India	International Learners
SESSION BASED LEARNING 1:1 Trainer Orientation for Each Module, with Supporting Learning Materials & dedicated WhatsApp Query Support	Full Course Fee - ₹32,800/- Includes 15 Live 1:1 Sessions	Full Course Fee - \$630 Includes 15 One-to-One Live Sessions
EMAIL-BASED LEARNING Supporting Learning Materials, Dedicated Trainer & Email Query Support	₹ 16, 800/- Full Course Fee	\$480 Full Course Fee

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

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