

Course Name	–	POST GRADUATE DIPLOMA IN INDUSTRIAL PSYCHOLOGY (CNO 491)
Course Duration	–	12 months / 48 credits / Maximum 15 Modules / 24x7 Virtual Support
Course Mode	–	Online / Downloadable & Reusable Materials / Guide Assisted / Interactive
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/hr/training/hd)
Interaction	-	24/7 Advisor Call Support – 24/7 Guide Email Support / Self-paced or Scheduled

COMPULSORY MODULES - 21 CREDITS / 6 MODULES / 5 MONTHS

49101 – WORKPLACE MENTAL HEALTH ISSUES – 4 credits / 30 days learning	Examines psychological challenges in the workplace and their impact on employees.
49102 – WORKPLACE PSYCHOLOGY – 4 credits / 30 days learning	Focuses on understanding behaviour, motivation, and dynamics within organizations.
49103 - WORKPLACE WELLBEING – 4 credits / 30 days of learning	Covers strategies to promote employee health, satisfaction, and productivity.
49104 – WORK LIFE BALANCE – 4 credits / 30 days of learning	Explores methods to manage professional and personal life effectively.
49105 - 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.
49106 - 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

49197 - Psychology – 3 credits/ 23 days of learning	<i>Compulsory in optional only for those who do not have a previous psychology background. Knowledge about various theories of psychology, memory, cognition, learning etc.,</i>	
49108 – EMPLOYEE TRAINING	49113 – SOLUTION FOCUSED COACHING	49118 – EMPLOYEE WELL-BEING
49109 – MANAGING WORKPLACE VIOLENCE	49114 – COACHING SOFT SKILLS	49119 – WORKPLACE EMOTIONAL INTELLIGENCE
49110 – TEAM BUILDING	49115 – EMPOWERING PERFORMANCE	49120 – CORPORATE COUNSELLING
49111 – TALENT RETENTION	49116 - ORGANIZATION DEVELOPMENT INTERVENTIONS	49121 – MOTIVATIONAL INTERVIEWING
49112 – STRESS MANAGEMENT	49117 – COACHING AND MENTORING	49122 – SELF EMPOWERMENT TOOLS
49123 – ORGANISATIONAL BEHAVIOUR & WORKPLACE DYNAMICS	49124 – CONFLICT RESOLUTION & MEDIATION SKILLS	49125 – LEADERSHIP PSYCHOLOGY & EXECUTIVE COACHING
49126 – EMPLOYEE ENGAGEMENT & MOTIVATION STRATEGIES	49127 – CHANGE MANAGEMENT & WORKPLACE ADAPTABILITY	49128 – WORKPLACE PRODUCTIVITY & PERFORMANCE ANALYTICS
Course Fee	Learners from India	International Learners
Life Member of IHMH	₹ 15,200/-	\$530
Others	₹ 16,800/-	\$600

For Admissions -

To Know about Course details and Commencement dates, Text or WhatsApp Course No and Your Email ID to 0491 979 00 88 002 or email us at info@ihmh.in / info@ihmh.org

Institute of Holistic Mental Health @ www.imh.in @ www.ihmh.in