Course Name	–	**POST GRADUATE DIPLOMA IN HEALTH PSYCHOLOGY (CNO 499)**
Course Duration	–	12 months / 48 credits / Maximum 15 Modules / 24x7 Virtual Support
Course Mode	–	Online / Downloadable & Reusable Materials / Trainer-Led 15 One-to-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/hr/training/hd/health)
Interaction	-	24/7 Advisor Call Support – 24/7 Guide Email Support / Self-paced or Scheduled

COMPULSORY MODULES - 21 CREDITS / 6 MODULES / 5 MONTHS

49901 – HEALTH PSYCHOLOGY - I – 4 credits / 30 days of learning	Introduces foundations of health psychology, illness, and coping mechanisms.
49902 – HEALTH PSYCHOLOGY – II – 4 credits / 30 days of learning	Covers stress, health behaviours, and psychological factors in wellbeing
49903 – PSYCHOLOGY OF HEALTH AND FITNESS – 4 credits / 30 days of learning	Focuses on mental aspects of fitness, motivation, and lifestyle choices.
49904 – PSYCHOLOGY OF BEHAVIOUR CHANGE – 4 credits / 30 days of learning	Explores strategies to promote healthier habits and sustained change.
49905 - 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.
49906 - 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

49997 - 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.,**	
49908 – HEALTH COUNSELLING SKILLS	49913 – BEHAVIOUR MODIFICATION	49918 – MINDFULNESS INTERVENTIONS
49909 – HEALTH COUNSELLING PROCESS	49914 – POSITIVE PSYCHOLOGY INTERVENTIONS	49919 – MANAGEMENT OF CHRONIC DISORDERS
49910 – PAIN MANAGEMENT COUNSELLING	49915 – POST TRAUMATIC STRESS MANAGEMENT	49920 – CBT INTERVENTIONS
49911 – UNDERSTANDING PAIN	49916 - BRIEF NLP	49921 – MOTIVATIONAL INTERVIEWING
49912 – EXPRESSIVE THERAPY INTERVENTIONS	49917 – STRESS MANAGEMENT INTERVENTIONS	49922 – CASE MODULES –FOR GENERAL ISSUES
49923 – LIFESTYLE MEDICINE & HABIT FORMATION	49924 – PSYCHOEDUCATION FOR HEALTH CONDITIONS	49925 – HEALTH COMMUNICATION & PATIENT ENGAGEMENT
49926 – SLEEP PSYCHOLOGY & WELLBEING	49927 – NUTRITION PSYCHOLOGY & EATING BEHAVIOURS	49928 – HEALTH COACHING & SELF-MANAGEMENT SUPPORT
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