

Course Name	–	<b>POST GRADUATE DIPLOMA IN POSITIVE PSYCHOLOGY (CNO 507)</b>
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/edu)
Interaction	-	24/7 Advisor Call Support – 24/7 Guide Email Support / Self-paced or Scheduled

**COMPULSORY MODULES - 21 CREDITS / 6 MODULES / 5 MONTHS**

<b>50701 – POSITIVE PSYCHOLOGY</b> – 2 credits / 30 days of learning	Introduces core concepts of strengths, happiness, and human flourishing.
<b>50702 – POSITIVE PSYCHOLOGY INTERVENTIONS – I</b> – 2 credits / 30 days	Covers practical strategies to enhance well-being and resilience.
<b>50703 – POSITIVE PSYCHOLOGY INTERVENTIONS – II</b> – 2 credits / 30 days	Explores advanced techniques for fostering optimism and life satisfaction.
<b>50704 – POSITIVE PSYCHOLOGY TOOLS</b> – 2 credits / 30 days of learning	Focuses on using assessments and exercises to build positive mental health.
<b>50705 - PRAGMATISM – CASE WORK</b> – 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.
<b>50706 - DISSERTATION</b> – 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**

<b>50797 - Psychology</b> – 3 credits/ 23 days of learning	<i>Compulsory in optional only for those who do not have a previous psychology background.</i> Knowledge about various theories of psychology, memory, cognition, learning etc.,	
<b>50708 – COACHING AND MENTORING</b>	<b>50713 – EMOTIONAL INTELLIGENCE</b>	<b>50718 – CASE MODULES – FOR SELF-EMPOWERMENT</b>
<b>50709 – MINDFULNESS</b>	<b>50714 – POSITIVE SCHOOL PSYCHOLOGY</b>	<b>50719 – TOOLS FOR COACHING</b>
<b>50710 – RESILIENCE</b>	<b>50715 – COMPASSION</b>	<b>50720 – POSITIVE PSYCHOLOGY COACHING</b>
<b>50711 – HUMAN RELATIONSHIPS</b>	<b>50716 - POSITIVE PSYCHOTHERAPY</b>	<b>50721 – MOTIVATIONAL INTERVIEWING</b>
<b>50712 – GRATITUDE</b>	<b>50717 – BUSINESS COACHING &amp; MENTORING</b>	<b>50722 – LIFE COACHING</b>
<b>50723 – STRENGTHS-BASED COACHING</b>	<b>50724 – POSITIVE GOAL SETTING &amp; ACHIEVEMENT COACHING</b>	<b>50725 – COGNITIVE COACHING FOR POSITIVE CHANGE</b>
<b>50726 – WELLBEING &amp; PERFORMANCE COACHING</b>	<b>50727 – COACHING FOR MEANING, PURPOSE &amp; FULFILMENT</b>	<b>50728 – BEHAVIOUR CHANGE COACHING STRATEGIES</b>
<b>Course Fee</b>	<b>Learners from India</b>	<b>International Learners</b>
<b>Life Member of IHMH</b>	<b>₹ 15,200/-</b>	<b>\$530</b>
<b>Others</b>	<b>₹ 16,800/-</b>	<b>\$600</b>

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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