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

COMPULSORY MODULES - 21 CREDITS / 6 MODULES / 5 MONTHS

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

50797 - 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.,**	
50708 – COACHING AND MENTORING	50713 – EMOTIONAL INTELLIGENCE	50718 – CASE MODULES – FOR SELF-EMPOWERMENT
50709 – MINDFULNESS	50714 – POSITIVE SCHOOL PSYCHOLOGY	50719 – TOOLS FOR COACHING
50710 – RESILIENCE	50715 – COMPASSION	50720 – POSITIVE PSYCHOLOGY COACHING
50711 – HUMAN RELATIONSHIPS	50716 - POSITIVE PSYCHOTHERAPY	50721 – MOTIVATIONAL INTERVIEWING
50712 – GRATITUDE	50717 – BUSINESS COACHING & MENTORING	50722 – LIFE COACHING
50723 – STRENGTHS-BASED COACHING	50724 – POSITIVE GOAL SETTING & ACHIEVEMENT COACHING	50725 – COGNITIVE COACHING FOR POSITIVE CHANGE
50726 – WELLBEING & PERFORMANCE COACHING	50727 – COACHING FOR MEANING, PURPOSE & FULFILMENT	50728 – BEHAVIOUR CHANGE COACHING STRATEGIES
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