

Course Name	–	<u>POST GRADUATE DIPLOMA IN POSITIVE PSYCHOLOGY (COURSE NO 107)</u>
Course Duration	–	12 months / One year / 24 credits / Maximum 14 Modules
Course Mode	–	Online / Downloadable & Reusable Materials / Guide Assisted
Course Structure	–	24cr/15credits compulsory + 9credits optional (as per learners' selection)
Eligibility	–	10+2+3 Years or 10+2+3 Years + 2 Years

COMPULSORY MODULES - 15 CREDITS / 6 MODULES

POS01 – ABNORMAL PSYCHOLOGY – 3 credits/45 days learning	Indepth understanding about mental health issues and concerns.
POS02 – POSITIVE PSYCHOLOGY - A – 3 credits/45 days learning	Knowledge about prevalent positive psychology practices as well positive psychology working model with expertise on related work domains
POS03 – POSITIVE PSYCHOLOGY - B – 3 credits/45 days of learning	Additional Knowledge about prevalent positive psychology work domains
POS04 – COUNSELLING SKILLS & PROCESS – 3 credits/45 days of learning	Counselling Skills and Process Knowledge Involved in Positive Psychology Practice
PGD05 - Pragmatism – 1 credit/15 days of case work	15 cases will be solved using all the techniques, skills, therapies, and exercises learnt throughout the course.
PGD06 - Dissertation – 2 credits/30 days of Inductive learning	Theoretical or empirical work on a selected topic with guide's assistance

OPTIONAL MODULES - CHOOSE FIVE TO EIGHT MODULES FROM THE BELOW LIST TALLING 9 CREDITS

PSY997 - Psychology – 2 credits/ 30 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>	
POS08 - Coaching and Mentoring – 2 credits / 30 days of learning	POS13 – Workplace Training / Coaching – 2 credits / 30 days	POS18 -Body and Mind – 1 credit / 15 days of learning
POS09 – Psychology of Emotions – 2 credits / 30 days of learning	POS14 – Positive Psychology - Applications & Interventions – 2 credits / 30 days of learning	POS19 –Emotional Intelligence and Mental Health – 1 credit / 15 days
POS10 – Psychology of Happiness – 2 credits / 30 days of learning	POS15 - Mindfulness – 2 credits / 30 days of learning	POS20 –Gratitude – 1 credit / 15 days of learning
POS11 – Stress Management Activities – 2 credits / 30 days	POS16 – Positive Psychology Coaching – 2 credits / 30 days	POS21 – Human relationships – 1 credit / 15 days of learning
POS12 – Transpersonal Psychology – 2 credits / 30 days of learning	POS17 – Spiritual Psychology – 2 credits / 30 days of learning	POS22 – Resilience –1 credit / 15 days of learning
Course Fee	Learners from India	Learners from other countries
Life Member of IHMH	Rs. 11, 300	\$400
Others	Rs. 12, 800	\$460

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.co

For other course details and course FAQ's visit relevant course page at our website

www.imh.in – www.psychologyonline.in