

Course Name	–	POST GRADUATE TRAINING IN POSITIVE PSYCHOLOGY (CNO 107)
Course Duration	–	12 months / 36 credits / Total 12 Modules / 24x7 Virtual Support
Course Mode	–	Online / Downloadable & Reusable Materials / Guide Assisted / Practice Based
Course Structure	–	12credits compulsory + 24credits optional (as per learner’s selection)/Advanced
Eligibility	–	10+2+3 or 15+2 Years (psychology/social work/hd/training/edu/mgt)
Interaction	-	24/7 Advisor Call Support – 24/7 Guide Email Support / Self-paced or Scheduled

COMPULSORY MODULES - 12 CREDITS / 4 MODULES / 4 MONTHS

10701 – POSITIVE PSYCHOLOGY – 3 credits / 30 days of learning	Introduces core concepts of strengths, happiness, and human flourishing.
10702 – POSITIVE PSYCHOLOGY INTERVENTIONS – I – 3 credits / 30 days	Covers practical strategies to enhance well-being and resilience.
10703 – POSITIVE PSYCHOLOGY INTERVENTIONS – II – 3 credits / 30 days	Explores advanced techniques for fostering optimism and life satisfaction.
10704 – POSITIVE PSYCHOLOGY TOOLS – 3 credits / 30 days of learning	Focuses on using assessments and exercises to build positive mental health.

OPTIONAL MODULES - CHOOSE 08 MODULES FROM THE BELOW LIST

(03 CREDITS/ MODULE/ 30 DAYS OF LEARNING – 08 MONTHS – 08 MODULES – 24 CREDITS)

10700 - Psychology – 3 credits/ 30 days of learning	<i>This module is compulsory only for learners without a prior psychology background. It introduces key concepts such as psychological theories, memory, cognition, and learning.</i>	
10708 – COACHING AND MENTORING	10713 – EMOTIONAL INTELLIGENCE	10718 – CASE MODULES – FOR SELF-EMPOWERMENT
10709 – MINDFULNESS	10714 – POSITIVE SCHOOL PSYCHOLOGY	10719 – TOOLS FOR COACHING
10710 – RESILIENCE	10715 – COMPASSION	10720 – POSITIVE PSYCHOLOGY COACHING
10711 – HUMAN RELATIONSHIPS	10716 - POSITIVE PSYCHOTHERAPY	10721 – MOTIVATIONAL INTERVIEWING
10712 – GRATITUDE	10717 – BUSINESS COACHING & MENTORING	10722 – LIFE COACHING
Course Fee	Learners from India	International Learners
Life Member of IHMH	Rs. 11, 800	\$260
Others	Rs. ₹12,800	\$300

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