

Course Name	–	APPLIED TRAINING IN HEALTH AND WELLNESS COACHING (COURSE NO 162)
Course Duration	–	6 months / 6 modules / 12Credits / 24x7 Virtual Support / Assignment Based
Course Mode	–	Online/ Reusable Learning Materials/1:1 Sessions/Highly Interactive/Intermediate
Course Structure	-	Interactive sessions /24x7 Virtual Support /Work Expertise Based / Guide Assisted
Eligibility	-	10+2+3 Years or 15+2 Years (psychology/social work/hd/training/edu)
Interactive Sessions	–	1 interactive session/module - 24/7 Advisor Call Support - 24/7 Guide Email Support

MODULE NAME		MODULE BRIEF
16201 – CHILD CARE AND DEVELOPMENT		Covers growth, development, and healthy practices for children.
16202 – BEHAVIOUR & MENTAL HEALTH ISSUES		Introduces common behavioural and mental health concerns.
16203 – INTERVENTIONS AND TECHNIQUES		Provides practical strategies to address wellness challenges.
16204 – GUIDANCE & MENTORING		Focuses on supporting individuals through structured mentoring.
16205 – STUDENT EMPOWERMENT SESSIONS		Teaches methods to build confidence, resilience, and life skills.
16206 – COACHING STUDY SKILLS		Equips learners with tools for effective learning and academic success.
Course Fee	Indian Learners	Learners from other countries
Continuous Guide Email Support & 24/7 Student Advisor Call Support	₹8,400 (Email-based)	\$200 (Email-based)
1:1 Guide Orientation Sessions Continuous Guide Email Support & 24/7 Student Advisor Call Support	₹15,400 (Session-based)	\$380 (Session-based)

For Admissions - To Know about Course details and Commencement dates, Text or WhatsApp the Course No and Your Email ID to 0091 979 00 88 002 or email us at info@ihmh.in / info@ihmh.org