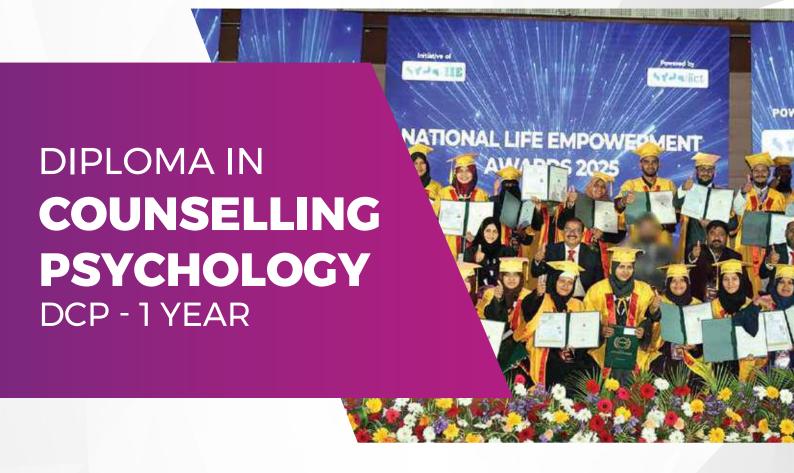




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WHY STUDY THIS COURSE

- ✓ Understand your life purpose.
- ✓ Find solutions to problems in your life.
- ✓ Get motivated to achieve your goals.
- ✓ Become Life Skill Trainer, Motivational Speaker or Wellness coach
- ✓ Provide Psychological Counselling to others (If you completed M.Sc in Psychology)

COURSE HIGHLIGHTS

- Live Online Interactive Classes with 100% practical sessions.
- Flexible Learning: Study from anywhere in the world.
- Duration: 12 Months.
- Trainers: Learn from experienced professionals and experts.
- Resources: Access to LMS video recordings.
- Languages: Courses conducted in both Tamil and English.
- Learning materials will be provided.
- Subject-wise printed reference books will be provided.
- Certification: Diploma certificate after 12 months
- E-certificates at the end of each Chapter.
- Certification from multiple bodies: SYPA IIE, NCVRT and Glocal university (Optional).

CLASS FORMAT - 10 - MIN REVISION + 1 HOUR 30 MIN TRAINING + 20 MIN DOUBT CLARIFICATION

(3 DAYS PER WEEK)

TAMIL (TUESDAY, THURSDAY, SATURDAY)

7:00 PM - 9:00 PM (2 hours)

ENGLISH (MONDAY, WEDNESDAY, FRIDAY)

7:00 PM - 9:00 PM (2 hours)

WHO CAN STUDY?

- ✓ Working Professionals
- ✓ Business Owners
- ✓ Trainers

- **✓** Students
- **✓** Teachers
- **✓** Housewives

- ✓ B.Sc,MS.c psychology / MSW / MBA in HR graduates
- ✓ Any graduates, etc.

COURSE STRUCTURE:

- √ 50+ Dynamic Chapters across 10 subjects
- ✓ 400 Hours of Live Online Classes
- ✓ Case Study and Report writing
- ✓ 1 Project

COURSE HIGHLIGHTS

- ✓ Life skill course for every individual
- ✓ This course motivates you to achieve your goals
- ✓ Any graduate who pursue DCP Course can become a Life Skill trainer, Motivational speaker or Wellness Coach.
- ✓ M.Sc Psychology degree holders from UGC recognized universities can practice as a Counsellors, Psychologists or Therapists in INDIA.

Attendance: 75% attendance required for writing exams

Note: Internal marks are based on attendance

Discount

10% - 25% Discount for Promotional Associates

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Widow, Eligible Aalimas, Differently - abled persons, masjid imams and orphans.

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✓ Psychologist

Therapist

JOB ROLES FOR OTHERS

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MSW.,MS.,PhD., Counselling Psychologist



DR. YOUSUF ADAM

BDS., M.A., M.S., Ph.D (Health Psy) Research & Health Psychologist



MOHAMED ARSHADH

MBA, MDTD Certified Train the Trainer, Certified Emotional Intelligence Coach, Certified NLP Practitioner, Relationship Coach.



MUBEEN SULTANA. S

MSc(Psychology), M.Phil., DCP, MDCC



NADIA ABDUL RAHEEM

M.Sc(Psychology)
Consultant Counselling Psychologist



Dr.C.ABIRAMI

M.Sc(Psychology)
Counselling Psychologist



MRS.A RADHISHA

Life Coach Training Moderator



MRS. KATHIJA. N

M.Sc, Applied Psychology Faculty SYPA IIE



S. ABDULLA BEEVI

MA(Psychology), DCP, MDCC NLP Master Practitioner Life Skill Trainer.

LEARNING SUBJECTS

Subject Code	Subject Name		
DCP001	Foundation of Psychology & Human Behavior		
DCP002	Life Skill		
DCP003	Family & Relationship Psychology		
DCP004	Developmental Psychology (Life Span)		
DCP005	Health Psychology		
DCP006	Personality Psychology		
DCP007	Abnormal Psychology		
DCP008	Psychotherapy & Behavior Modification techniques		
DCP009	Guidance and Counseling skills		
DCP010	Business psychology (Optional)		
DCP011	Spiritual Psychology (Optional)		
DCP012	Case Study & Report writing		
DCP013	Project		
DCP014	Field Visit + Direct Training (Optional)		

Exam Pattern:

- ✓ Number of subjects 10 Compulsory
- ✓ Marks per subject 100 marks
- ✓ Internal marks : 40 Marks (Based on Attendance

and assignments)

✓ External marks: 60 Marks (MCQ type)

Exam Pattern:

- Exam Type : MCQ (Multiple choice questions answers)
 Mode : Online Exam
- ✓ Field visit + Case Study 100 marks & Report writing
- ✓ Projects: 100 Marks

50+ DYNAMICS CHAPTERS

- 1. Basic Psychology
- 2. Learning
- 3. Memory & Forgetting
- 4. Emotions
- 5. Thinking Creative Thinking, Critical Thinking,
- 6. Analytical Thinking
- 7. Language
- 8. Emotional intelligence (EI)
- 9. I.Q and E.Q
- 10. Sensation and perception
- 11. Consciousness
- 12. Motivation
- 13. Personality
- 14. Creativity and Intelligence
- 15. Problem Solving
- 16. Decision Making
- 17. Self-Awareness & Self-confidence building
- 18. Communication skills
- 19. Presentation Skills
- 20. Values: Punctuality, Honesty, Loyalty, Dependability, Reliability
- 21. Interpersonal skill
- 22. Leadership skills
- 23. Team working skills
- 24. Human behaviour

- 25. Time Management
- 26. Sleep and Dreaming
- 27. Stress management& Techniques
- 28. Anger management
- 29. Goal Setting
- 30. Johari window for Understanding you self
- 31. Body language
- 32. Public Speaking
- 33. Money mastery
- 34. Spiritual Psychology
- 35. Positive psychology
- 36. Business psychology
- 37. Family Psychology
- 38. Relationship psychology
- 39. Marital psychology pre & post marriage
- 40. Men & women psychology
- 41. Parenting
- 42. Counselling & guidance skills
- 43. Life Skill
- 44. Mental Health and Wellbeing
- 45. Health psychology
- 46. Mental Health Disorders, Symptoms and warning Signs
- 46. Career guidance & counselling

50+ DYNAMICS CHAPTERS

- 47. Students counselling
- 48. Special group Counselling –Abuse and Addiction, Suicide& Disability Counselling
- 49. Child psychology
- 50. Teenage psychology
- 51. Adolescent psychology
- 52. Adult psychology
- 53. Geriatric psychology -old age
- 54. Psychotherapy
- 55. Psychometric Test
- 56. Family Counselling & Therapy
- 57. Law of Attraction (Mindset Manifestation Therapy)
- 58. Mentoring (Individual Therapy)

- 59. Enneagram (Personal Therapy)
- 60. Transactional Analysis
- 61. Neuro-Linguistic Programming (NLP)
- 62. Cognitive Behavioural Therapy (CBT)
- 63. Gestalt Therapy
- 64. Impression Mastery Therapy
- 65. Behavioural Therapy
- 66. Rational Emotive Behaviour Therapy (REBT)
- 67. Solution Focused Brief Therapy (SFBT)
- 68. Hypnotherapy

PSYCH TOOLS

- 1. Sensory Threshold Analysis
- 2. Flow & Follow Chart
- 3. Feedback Loop Learning Tool
- 4. Bistable Perception Test
- 5. Individualism and Collectivism Scale
- 6. Zener Cards Test
- 7. Ganzfeld Experiment
- 8. Consciousness Log
- 9. Sleep Tracker
- 10. Multifaceted Motivation Assessment Matrix
- 11. Habit Monitoring Table

- 12. Present Emotion Scale (Negative)
- 13. Present Emotion Scale (Positive)
- 14. Gratitude Exercises
- 15. Learning Path
- 16. Tools to measure Memory
- 17. Problem-Solving Timer-I
- 18. Problem-Solving Timer-II
- 19. Creative Cognitive Path
- 20. Emotional Competency Model-I
- 21. Emotional Competency Model-II
- 22. Enneagram

COURSE SCHEDULE 16th BATCH - TAMIL | 17th BATCH - ENGLISH

Subject Code	Subject	Expert name & Qualification	Total Hours
DCP001	Foundation of Psychology & Human Behavior	Dr. Yousuf Adam - Psychological counsellor and psychotherapist BDS., M.A., M.S., Ph.D (Health Psy)	30
DCP002	Life Skill	MUBEEN SULTANA. S - Life Skill coach MSc(Psychology), M.Phil., DCP, MDCC	30
DCP003	Family & Relationship Psychology	Dr. A FARITHA BEGAM - Former Associate Professor in Education (Retd) MA (Psy), MA (Social) Med, M.Phil, PhD (Education), SLET	
	, Gi	MUBEEN SULTANA. S - Life Skill coach MSc(Psychology), M.Phil., DCP, MDCC	36
		Mohamed ARSHADH - Relationship Coach MBA	
DCP004	Developmental Psychology (Life Span)	Dr. Meena Kamalakannan - Counselling Psychologist MSW.,MS.,PhD.,	30
DCP005	Health Psychology	S. Abdulla Beevi - Life Skill Trainer NLP Master Practitioner MA(Psychology), DCP, MDCC	20
DCP006	Personality Psychology	Nadia Abdul Raheem - Consultant Counselling Psychologist M.Sc(Psychology)	30

COURSE SCHEDULE 16th BATCH - TAMIL | 17th BATCH - ENGLISH

Subject Code	Subject	Expert name & Qualificati	ion	Total Hours
DCP007	Abnormal Psychology	Abirami. C - Faculty SYPA IIE M.Sc, Counselling Psychology,		30
		Kathija. N - Faculty SYPA IIE M.Sc Applied Psychology		
DCP008	Psychotherapy & Behaviour modification	Dr. Meena Kamalakannan - Counselling Psychologist MSW.,MS.,PhD.,		
	techniques	Dr. Yousuf Adam - Psychological counsellor and psychotherapist BDS., M.A., M.S., Ph.D (Health Psy)		60
	Hypnotherapy	AZEEM DANA - Psychologist & Psychotherapist B.Sc., M.Sc In Counselling Psychology M.Sc In Counselling And Spiritual Health P.G.Dip in Counselling and Hypnotherapy P.G.Dip in Memory Development Ph.D in Psychology (pursuing)		
DCP009	Guidance and Counselling Skills	Mohamed Rabik - Career Guidance & Counselling Specialist MBA, MCA		36
	(ОРТІ	ONAL) SUBJECT		
DCP010	Business psychology (Optional)	Dr. K.S.KAMALUDEEN - International Trade Entrepreneur Managing Director Blue Bharath Exim Pvt Ltd		20
DCP011	Spiritual Psychology (Optional)	Dr. Yousuf Adam - Psychological counsellor and psychotherapist BDS., M.A., M.S., Ph.D (Health Psy)		30

Certificate Distribution Ceremony 2024









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@ SAMEER

FOUNDER, SWOTT



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Founder & CEO, Miles2Smile Foundation, Delhi



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Dr. M. YOUSUF ADAM

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Google REVIEWS 480 reviews



Edwin prabakar

**** 30

First of all I want to tell about this institute and trainers is very good sessions with courses are very useful for me and my family. Thanks to everyone in this institute members



A Noomisa Bevi

ஒரு ஆரோக்கியமான தாக்பத்திய உறவை பேறுவதற்கு தம்பதியருக்கு இடைவேயான ஏற்றத் தாற்டிகளையும், வேறுமாடுகளை சுரியான முறையில் புரித்து கொள்ள உடலியல், உளவியல் நீரியான செயல் பாடுகளை புரித்து கொள்கும், கான ஆங்குமான வருப்பு இந்த கருப்பை ஏற்பாடு செய்த சூதரியு நிறுகளைத்தித்து எனது நன் நியியை தெரிவித்துக் கொள்கிறேன்.



Priya Ramesh

***** 18

Wonderful and needed concept of believe systems concepts, school of psychology concepts, brain detax concepts, self confidence concepts are Perspicacious and its very useful to me. Thank u sypa



Pugazh T

***** 50

It's an wonderful Opportunity and Experience to learn about to start new life in a new way.!! And I learned how to control my stress.



***** 50

SATHISH 3

I learned DCP course and SYPA IIE provided clear explanations and practical examples, making all thought concepts in easier way to understand, I convey my heartfull wishes *to my experts who thought me *().



Mariyam Saleem

***** 58

Iam Mariyam acting as a house wife and I was thinking to do multiple jobs at the same time but I was struggling with time menagement. My husband recommend me to join DCP course and now I completed this course and I am very much thankful to my husband for bringing awareness about this course. SYPA is conducting wonderful courses even for house wifes.



Fethima Johara

Diploma in Nutrition and Dieticias: I had a fantastic experience with SYPA. They provided Us nutrition guidance that really made a difference in my health journey. Moreover, Staff are approach very professional & friendly, making me feel comfortable discussing dietery concepts. I highly recommend (Diploma in Nutrition and Dieticias?) for anyone seeking reliable nutrition Knewledge.



NEHAL AHMAD

Hi this is Nehal Ahmad. Founder and CEO of Educulate, Banglore; have attended the Training program which was conducted by spa was excellent and very informative and also trainer was well knowledgeable; would recommend everyone to attend such session to empower ourselves. Thank you spa for providing such excellent program and keep it up. Thank you



Iohamed Yunus A

How to overcome our overthinking and anxiety class was very interesting and easy to understand and I have learned many new technics from the course for my regular life style physically and mentally. Thanks to SYPA team



FAWA Agency Tmkud

***** 10

Every women should know about psychology, bcz she can lead family members in good way, nowadays they can't to go colleges for study. SYPA is giving very good quality and golden opportunity to everyone in online matter. I am very proud to be a student of SYPA institute.



Thanks SYPA for giving me the opportunity! the expert staff gave their best learning practices throughout the course. This DCP course gave me numerous methods for maintaining

Mohammed illiyas Jabar By Google Barvey Illyas from Villipuram

problem and solving them

**** 50

Reema V

***** 50

Wonderful session Explained very well with the real life example it was easy to understand Expecting more sessions related to mental health.

elated to mental hearn

Google REVIEWS 480 reviews



Nandhini Selvaraj

**** 3.0

I got an nice experience in the class it's really wonderful doctor sir doing a greet job. One of my first class im really amazing on it.



Mohamed salik salik

Overall, I highly recommend this course to anyone looking to understand what is life and how to belance life and handle stress. I was into full stress before joining the course, now larn completing free from entire problem. Thanking SYGA team for their efforts.



Deepika M

It was a great session about overthinking & arciety and how it is finised. It was a great session about overthinking and anxiety and how to handle it. Most of all the session was interactive that's very useful for everyone. Would like to attend upcoming webinars about the mental well-being. Had really great session which was very useful to apply it in life for our mental health. Thank you!



farook kashifi

**** 10

This education was very useful for me. Really everyone should study. They provide high quality education with very little money. They never seen such a good hearted institution. Even though we are scholars, we are already studied in Quran and Prophets, but this institution helps to stimulate our brains in detail.



Marilya M

I've completed my bachelors in psychology in distance (corresponding), And I had no knowledge about psychology. The course in diploma psychology helped me gain more knowledge and information in psychology it was really helpful for my personal growth also. I'm very glad that I had joined this course. Even the ilamic psychology they provided is very useful for day to day to life achievement. Thank you for the opportunity to give me a feedback about Sypa.



Bharathi A30

Today's class was very good. It was very helpful for the current situation. The teacher was very friendly and approachable, without any fear it was great. I liked it a lot.Thanku so much...



Oharshini Priya

**** 50

This is my first time experience in SYPA BE very experienced Guidence, all are experit in this coaching everyone can understand easily even it too gain lot of Good things in it. Psychology may het/ful to myself and I make others how I feel in it. Thank you SYPA for make me confident and mature.



Oharshini Priya

**** 12

This is my first time experience in SYPA IEE very experienced Guidence, all are export in this coaching everyone can understand easily even I too gain lot of Good things in it. Psychology may helpful to myself and I make others how I feel in it. Thank you SYPA for make me confident and



Sara sameora

This session on 'Agam', Puran' was soo intresting and knowledgeable. By this session had a clear understanding about healthy mamage, and about the methods to improve male of female understanding. Col. a clear view on how to improve the understanding of marital issues. Thank You' for this great session six.



Sid Basheer

**** 50

Wonderful session of how life's perspective can be changed towards a positive vision and the teaching was excellent



Kanvilla parveen By Coogle Review

***** 55

The session on "Marital Councelling" brought about clarity & differences between Gender characteristics. Reasons & reactions were simplified, explained in a way that is understandable by all. Development of understanding to bring about a healthy marriage could be successful by the will of Almighty & considering these keys. A knowledge that everyone needs but still understand. Thank you for this effort to bring about betterment amongst the society 3



HAMEED MARICAR

***** 10

I learned to think of the present instead of thinking of both the dead and the future I learned how to let go of unnecessary burdens. I searned my good and bad qualities by asking my family and friends. I learned the characteristics of winners and losers. I learned the differences between the two by choice or by chance. Very Very useful.

FEES STRUCTURE

S.No	Particulars	Fee	Conducting board /Awarding board	Benefit
1	Application Fee	Rs.500/-	SYPA IIE	
2	Course fees	Rs.2,000/- Per month	SYPA IIE	Training will be provided by experts through online classes
3	Diploma Certificate Course (1 year)	Rs. 2500/- for mark sheet & diploma certificate	NCVRT (National Council of Vocational and Research Training), New Delhi	Useful for job roles as Life skill coach / Welness coach Note - NCVRT certificate is valid for government Attestation
4	CPA/Membership	Rs.500/-	SYPA IIE	Course referral - 25% & Other benefits
5	Glocal University, UGC approved	Skill diploma Certificate - Rs. 7000/-	UGC Approved University	Additional / not compulsory
6	SYPA IIE Covocation	Rs.1,500/-	SYPA IIE	Function arrangements Dress code - Rent Refreshments

CERTIFICATE



SYPA IIE Skill certificate



National council of vocational and research training
(An Autonomous body, Registered
by Government of India)



Wisdom institute of management & Technology, Sri Lanka



Certified SKILL DIPLOMA from Glocal University (Approved by UGC)

MODEL DIPLOMA CERTIFICATE













DISCLAIMER

- This is a Self-Empowerment Course / Life Skills Course designed to help individuals understand their life purpose, learn essential life skills, and achieve personal growth.
- Note: Completing this course does not make you a licensed psychologist, counselor, or therapist.
- Only M.Sc. Psychology degree holders from UGC-recognized universities can practice as Counselors, Psychologists, and Therapists in India.

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