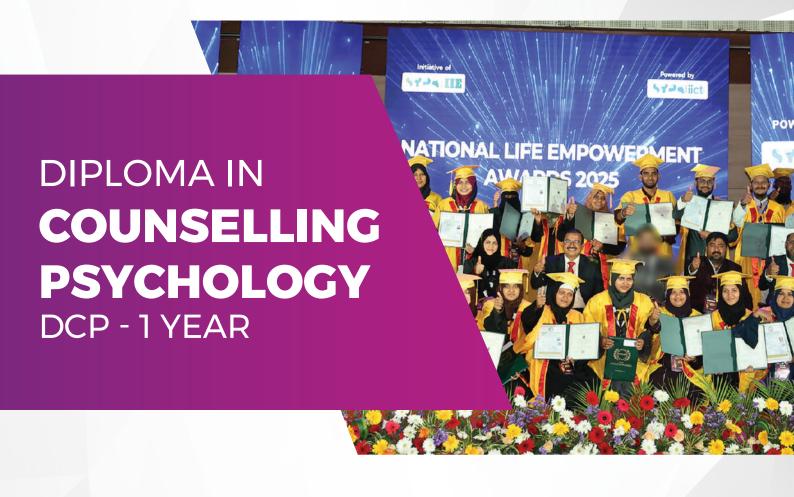


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WHY STUDY THIS COURSE

- ✓ 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 (MONDAY, WEDNESDAY, FRIDAY) 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

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10% - 25% Discount for Promotional Associates

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

JOB ROLES FOR M.SC PSYCHOLOGY GRADUATES

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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
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Certified Emotional Intelligence Coach,
Certified NLP Practitioner,
Relationship Coach.



MUBEEN SULTANA. S

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



K. HEMALATHA

M.Sc Applied Psychology Chief Psychologist and Trainer.



Dr.C. ABIRAMI

M.Sc(Psychology)
Counselling Psychologist



MRS. KATHIJA. N

M.Sc, Applied Psychology Faculty - SYPA IIE



NADIA ABDUL RAHEEM



SHAJITHA BANU

M.Sc Psychology Counselling Psychologist



S. ABDULLA BEEVI

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



MRS.A RADHISHA

Life Coach Training Moderator



POORNIMA NAGA GOVINDARAJU

Psychologist and coach MS in Software Engineering & MA in Psychology

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 18th BATCH - TAMIL | 19th 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
		Shajitha Banu - Counselling Psychologist M.Sc Psychology	
DCP002	Life Skill	MUBEEN SULTANA. S - Life Skill coach MSc(Psychology), M.Phil., DCP, MDCC	30
DCP003	Family & Relationship Psychology	MUBEEN SULTANA. S - Life Skill coach MSc(Psychology), M.Phil., DCP, MDCC	
		Mohamed ARSHADH - Relationship Coach MBA	36
DCP004	Developmental Psychology (Life Span)	Dr. Meena Kamalakannan - Counselling Psychologist MSW.,MS.,PhD.,	30
DCP005	Health Psychology	S. Hemalatha - Chief Psychologist and Trainer. M.Sc Applied 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 18th BATCH - TAMIL | 19th BATCH - ENGLISH

Subject Code	Subject	Expert name & Qualification	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				
		S. Hemalatha - Chief Psychologist and Trainer. M.Sc Applied Psychology					
DCP009	Guidance and Counselling Skills	Mohamed Rabik - Career Guidance & Counselling Specialist MBA, MCA					
		S. Hemalatha - Chief Psychologist and Trainer. M.Sc Applied Psychology	36				
(OPTIONAL) 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				

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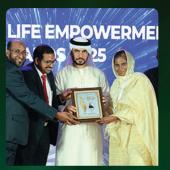


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SYPA LIFE EMPOWERMENT AWARD FOR ALUMNEES 2025















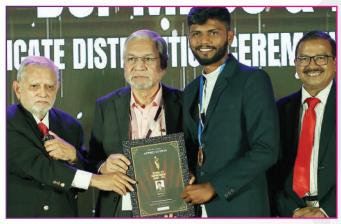












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Google REVIEWS 480 reviews



Edwin prabakar

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.Noornisa Bevi

ஒரு ஆரோக்கியவான தாம்பத்திய உறவை பேணுவதற்கு தம்பதியருக்கு இடையேயான ஏற்றத் தாழ்வுகளையும், வேறுபாடுகளை சரியான முறையில் புரிந்து கொள்ள உடலியல், உளவியல் ரீதியான செயல் பாடுகளை புரிந்து கொள்வதற்கான அற்புதனான வகுப்பு இந்த வகுப்பை ஏற்பாடு செய்த சூதரியு நிறுவாத்திற்கு எனது நன் நியினை தெரிவித்துக்கோள் கிறேன்.



Priya Ramesh

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



Pugazh T

★★★★★ 5.0

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.



**** 5.0

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 .



**** 5.0

lam Mariyam acting as a house wife and i was thinking to do multiple jobs at the same time but i was struggling with time management. 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 wife



**** 5.0

Diploma in Nutrition and Dieticias: I had a fantastic experience Diplome in Nutrition and Dieticles! I had a rentastic 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 dietary concepts. I highly recommend [Diploma in Nutrition and Dieticlas] for anyone seeking reliable autition. nutrition Knowledge



NEHAL AHMAD

Banglore, i have attended the Training program which was conducted by sypa was excellent and very informative and also trainer was well knowledgeable,i would recommend everyone to attend such session to empower ourselves. Thank you sypa for providing such excellent program and keep it up. Thank you



Mohamed Yunus A

**** 5.0

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



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.



★★★★ 5.0

Mohammed illiyas Jabar

Iliyas from Villipuram

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 problem and solving them



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

Google REVIEWS 480 reviews



Nandhini Selvaraj

*** 5.0

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



Mohamed salik salik

黄黄黄黄素 5

**** 5.0

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



Deepika M

**** 5.0

By Coope Broww.

It was a great session about overthinking & anxiety and how it is linked. It was very useful for the action plan who are facing 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

**** 50

This education was very useful for me. Really everyone should study. They provide high quality education with very little money. I have 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.



Marliya M

By Coogle Rever

I've completed my bachelor's 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 islamic 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 AJO

**** 5.0

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...



Dharshini Priya

**** 5.0

This is my first time experience in SYPA IIE 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 mature.



Dharshini Priya

女女女女女 5.0

This is my first time experience in SYPA IIE 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 matter.



Sara sameera

**** 5.0

This session on 'Agam', Puram' was soo intresting and knowledgeable. By this session had a clear understanding about healthy marriage, and about the methods to improve male nd female understanding. Got a clear view on how to improve the understanding of marital issues. Thank You! for this great session sir.



Sid Basheer

**** 5.0

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



Kamila parveen

★★★★ 5.0

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 underrated. Thanky ou for this effort to bring about betterment amongst the society.)



HAMEED MARICAR By Google Review

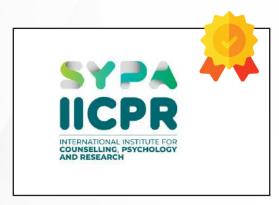
**** 5.0

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 learned 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 IICPR	
2	Course fees	Rs.2,000/- Per month	SYPA IICPR	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 IICPR	Course referral - 25% & Other benefits
5	Glocal University, UGC approved	Skill diploma Certificate - Rs. 7000/-	UGC Approved University	Additional / not compulsory
6	SYPA IICPR Covocation	Rs.1,500/-	SYPA IICPR	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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