



MADRAS SCHOOL OF SOCIAL WORK
and
THUNAI TRUST
(Regd: Book - 4/ 143/ 2021)



MSSW & Thunai Trust

POSTGRADUATE DIPLOMA IN
PERINATAL HEALTH

A professional Allied Medical Psychosocial Program

THE FIRST OF IT'S KIND IN INDIA

For Admission queries:

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About the Course

- The Madras School of Social Work is a premier institution that started in 1952 and has successfully educated and developed professionals in social work and psychology.
- Thunai Trust is a non-profit organisation providing **integrative interventions supporting mother and child well-being**, and working to bring the latest trends and global expertise in mental health to Indian students.
- This Postgraduate Diploma is a collaboration between MSSW and Thunai in the field of **Perinatal Health** - an underserved area relevant to every family and society.
- As a **psychosocial interventions-based program**, it addresses the basic concepts behind perinatal health, challenges and their impact on mother, child, family and society at large.
- The course aims to empower students into professionals with the knowledge and skills required to support women and their families during the perinatal period.

PGDPH course has a 50-50 ratio of classroom training and experiential work settings

100 hours of Theory
+ 100 hours of Practical and Field work
+ 10 hours of Masterclasses

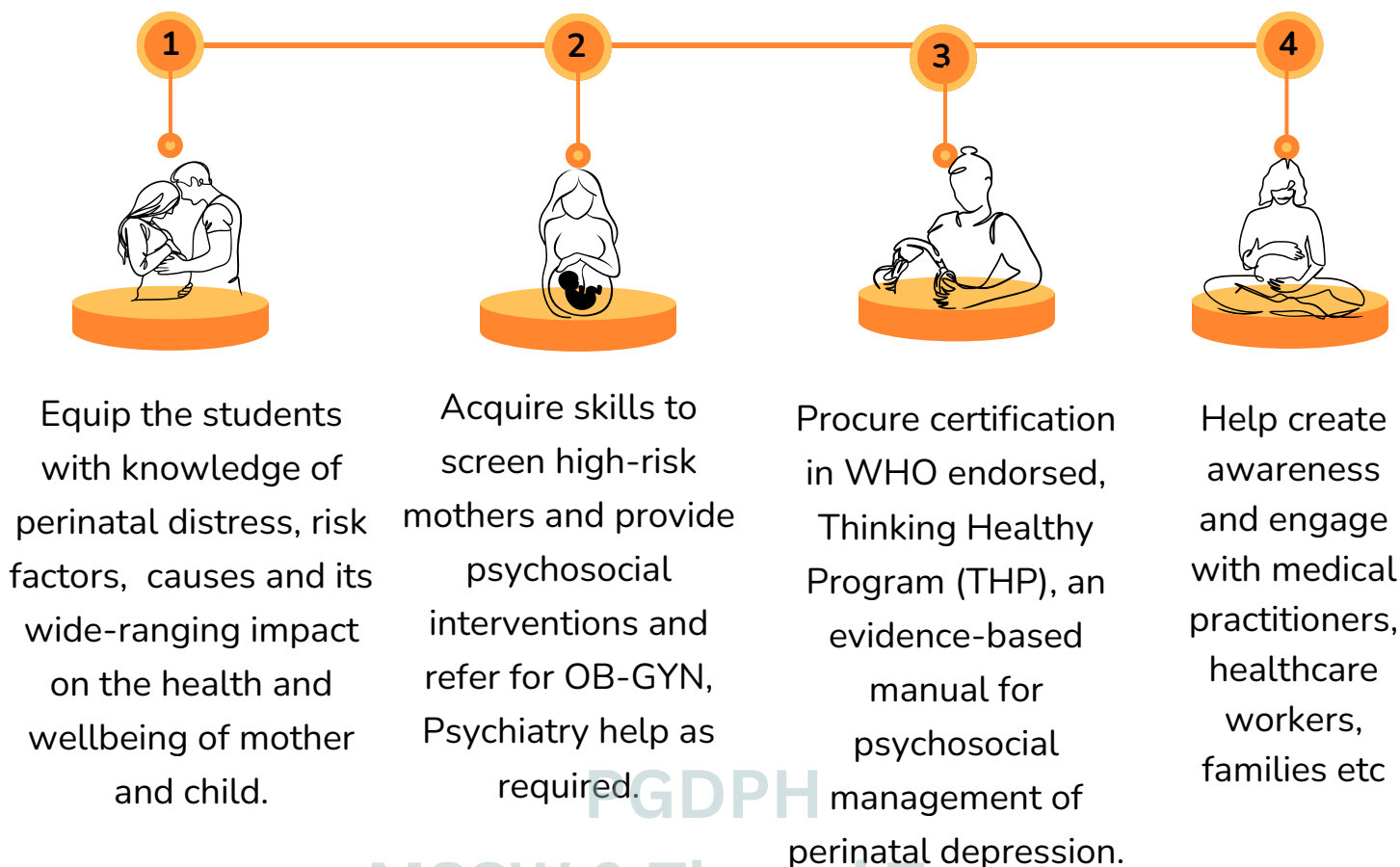
4 Core papers
2 Practical papers
2 Electives
1 Global Certification
(WHO-endorsed Thinking Healthy Program)



Features

- This program is **the first professional** allied medical **psychosocial course** in **Perinatal Health** offered in **India**.
- There is a **growing body of evidence** suggesting that birth outcomes and infant and child development outcomes can be improved with **timely perinatal health interventions**.
- Perinatal distress and a child's lifespan development are emerging as important **new research areas globally**, making it an important area of further research and practice.
- The Madras School of Social Work and Thunai Trust collaborated in 2023 in an **extensive Faculty Development Program** wherein 9 faculties received global certifications.
- The course offers Masterclasses with **International faculties, Global experts and Practitioners** as part of the Core papers.
- It also offers an opportunity to secure a **globally recognised certification** in the "Thinking Healthy Program" endorsed by the World Health Organisation.

Program Objectives



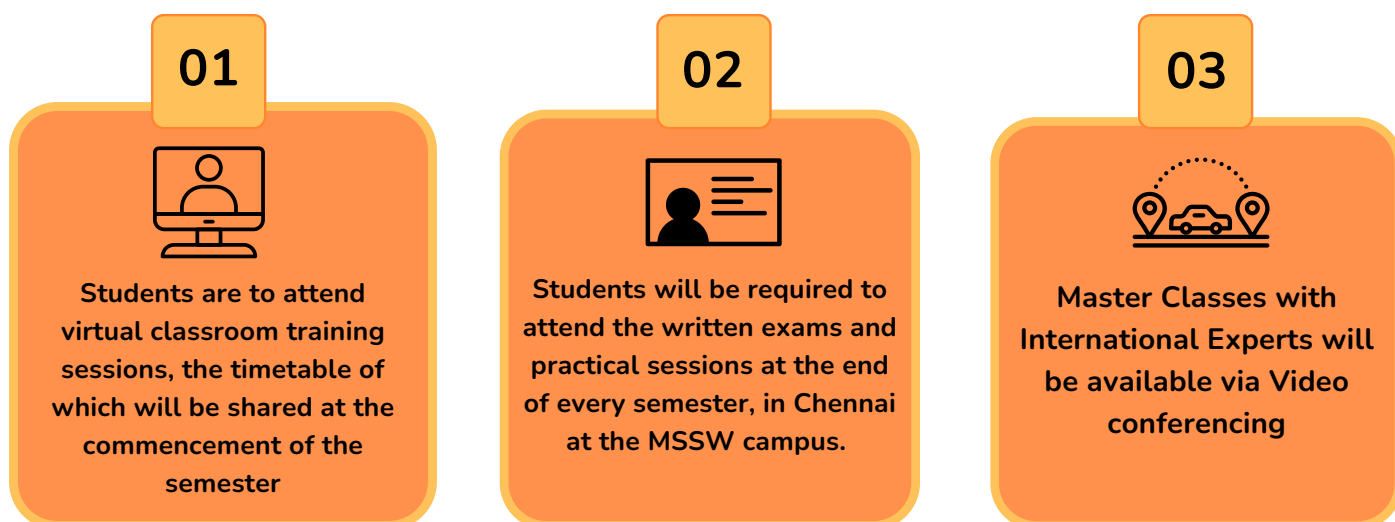
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Program Structure

Spread over two semesters, the program structure consists of:

100 hours of virtual classroom training + 100 hours of Practical experience

+ 10 hours of Masterclasses



Eligibility for Admission

- A graduate from any recognised University can apply for this PG Diploma program.
- For Practitioners such as psychologists, therapists and counsellors, the course is of significant value in addition to specialising in perinatal health, setting them apart from their peers and creating newer streams of work and income opportunities.
- Professionals in nutrition, fitness, exercise, doula care, birth education, and academia will find this course a valuable addition to expand their expertise and enhance their careers.
- For applicants without a background in psychology, a free preparatory bridge course covering foundational concepts in psychology and counselling is to be attended.
- Details about this bridge course are available upon request by contacting the program coordinators via email at smita@thunai.org with a copy to vyjayanthimala@mssw.in
- Candidates with a degree UG (BA or BSc) Psy Hons., or Triple major in psychology are exempt from the bridge course



Employment Opportunities

- The program is amongst the first professional allied medical psychosocial courses in Perinatal Health offered in India.
- Awareness of the importance of perinatal health and the availability of trained professionals are both requisites in creating employment opportunities in the field.
- As the first step towards creating a better community and professional awareness in the field of perinatal health, the program will generate the first league of qualified Perinatal health professionals.
- We expect fertility treatment clinics and leading maternity hospitals to be amongst the first to hire full-time trained perinatal counsellors.
- For professionals such as therapists and counsellors, the course is a significant value addition to specialising in perinatal health, setting them apart from their peers and creating newer streams of work and income opportunities.



Admission Process

Interested candidates must go through the following steps to gain admission to the course.

1. Submit the Application form online. The cost of this form is 500.
2. On fulfilment of the specified requirements, admission will be confirmed upon the part or full fee payment.

Curriculum Objectives

- To be a pioneer in this field, by bringing in best class expertise to the students.
- To create a pool of professionals who can identify, provide assessment and build intervention plans for the perinatal period.
- To understand the current trends and emerging practices in the field of psychosocial non-invasive interventions in the pregnancy and postpartum period.
- To develop an integrative, psychosocial approach using indigenously accepted, stigma-free non-invasive interventions such as movement, music and expressive arts therapies.
- Enhance the scope of research in the intertwined fields of perinatal health and developmental psychology/infant health and development.
- To help create a society where the mother and child's holistic well-being is appreciated and supported.

SEMESTER I			
CORE 1. Basics of Perinatal Psychology		CORE 2. Perinatal and Infant Mental Health	
Unit 1	Introduction to Perinatal Psychology	Unit 1	Physiology of Pregnancy and Childbirth
Unit 2	Impact of Perinatal Mental Health on Life Span Development	Unit 2	Mental health challenges in Perinatal Period
Unit 3	Parental Resilience	Unit 3	Infant Mental Health and Attachment Theory
Unit 4	Family Dynamics for Mother & Child Wellbeing	Unit 4	Baby Bonding and Emotional Development
SEMESTER II			
CORE 3. Psychosocial Interventions in Perinatal Health		CORE 4. Professional Practices in Perinatal Health Counselling	
Unit 1	Psychosocial Interventions and their application in PMH	Unit 1	Psychological Assessments
Unit 2	Partner's Mental Health Child's well being	Unit 2	Working with Culturally Diverse populations
Unit 3	Social Support Systems and Stigma of Mental Health	Unit 3	Ethical Considerations
Unit 4	Nutrition, Sleep and Selfcare	Unit 4	Working in the Real World Settings
Unit 5	Awareness, Care and Support Sessions (ACSS)		
PRACTICAL AND FIELDWORK			
Core 5. Practicum: Experiential and Upskilling Sessions - 5.1	Interpretative Exercise	5.4	Exercise and Yoga in the Perinatal Period
5.2	Flipbook for community awareness	5.5	Other neuroscience-based practices for wellbeing
5.3	Basic Practices: Breathwork and Creative Arts Therapies	Core 6. Practicum: Field visit and Fieldwork	In-person visits to hospitals and implementation of sessions
Elective A	Research Methodology	Elective B	Special Situations B.1 Perinatal Loss and Grief in the context of maternity B.2 Impact of mental health Conditions on Fertility; B.3 Pre-term births and their unique challenges



Teaching Methodology

- Discussions, Case studies and Roleplay
- Virtual Masterclasses with experts as part of the academic program
- Introspective learning through self-observations, assessments, reasoning and problem-solving.
- Interactions and interviews with peers, communities and families.
- Case studies and analysis presentations evaluated by viva voce
- Creative assignments—short films, social media messages, public relations campaigns.
- Learning evidence-based non-invasive interventions with mothers in real settings

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Faculty Profile

- Faculty members are academicians with relevant academic credentials practical experience and hands-on experience.
- All faculties have undergone extensive Global and Indigenous training in the field and are trained Experts in Perinatal Health.
- The Masterclasses will be facilitated by Industry experts globally.

Evaluation Components

The students will be required to appear for Two examinations every semester.

MID-TERM EXAMINATIONS:

The mid-term examination (40 marks) is conducted via online mode

- Classroom evaluations (20 marks) + Innovative assignments (20 marks).
- Internal assessments are compulsory to enable the student to appear for the end-semester Examination.

END SEMESTER EXAMINATIONS:

The End-semester examinations (60 marks) – Conducted physically at the MSSW campus at the end of every semester.

- The internal assessment will be allocated and evaluated by the resource person(s) of the core papers

Practical Experience and Field work

- The dates for the in-person Practical sessions will be announced much in advance for the ease of outstation students.
- The sessions will be conducted at the MSSW Chennai campus.
- Professional decorum and ethical institutional values should be upheld while visiting the campus and during fieldwork visits.
- Fieldwork and community sessions will be arranged in collaboration with other institutional partners at fertility clinics, maternity hospitals and public health care centres.
- Students are expected to arrange their stay in Chennai and transportation costs for the practical sessions at the campus and in the institutional settings.

Attendance

For appearing for the end-semester examination the requirement is:

A minimum attendance of 75% in virtual classes and

Compulsory 100% in the Practicals and fieldwork conducted in Chennai.

If the attendance is less than 75%, the student will have to repeat the semester as and when the semester is offered again after fulfilling other conditions.

Program Fee

- *The Program fee is 75,000 (Seventy-five thousand) inclusive of GST*
- *The Fee is inclusive of all the certificates and course material access*
- The Fee structure and installment options are given at the end of this document.
- No student shall be permitted to pursue the course if the fee is not paid in time.

Convocation

Convocation and conferring of the Post Graduate Diploma in Perinatal Health shall be held at the end of the second semester after completion of theory exams and submission of practical case reports.

Accommodation

Outstation students travelling for Practical and Fieldwork classes will be required to arrange for their own accommodation and stay in Chennai.

Cancellation of admission and refund

Fees paid will not be refunded. However, if the student wishes to withdraw from the course after admission, before classes begin the management may consider a fee refund after deduction of admission charges.

Fee Structure

Installment to be paid before Semester 1	INR 50,000
Installment to be paid before Semester 2	INR 25,000
Semester 1&2 full payment	INR 72,000 (A discount of 3000 on one-time full fee payment)

Note:

1. The fee is inclusive of 18% GST.
2. If paying by Installments, the fees must be paid at the beginning of the semester.
3. The fee includes tuition fee examination fees, and online resource library access.
4. Students will bear all other charges related to fieldwork travel and co-curricular activities.
5. The PG Diploma will be issued only after receipt of the concerned fees.



ADMISSION SCHEDULE

- Prospectus and Application form: Fee- 500
- Last date for applying: 15th July, 2025
- Course commences: Last week of July 2025

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REACH OUT TO US...

For admission queries :

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