



JYOTI NIVAS COLLEGE AUTONOMOUS

**Bengaluru, Karnataka
Postgraduate Centre**

A Premier Institute for Women Estd. 1966 | Reaccredited by NAAC with 'A+' grade in the 4th cycle

Department of Psychology **M.Sc. Wellness Counseling**

The PG Department of Psychology, Postgraduate Center, Jyoti Nivas College Autonomous offers a two-year, full-time programme in MSc Wellness Counselling, designed as an advanced professional counselling course. This programme focuses on skill and competence development, preparing students to become professional counsellors with holistic and interdisciplinary perspectives. The curriculum integrates theoretical knowledge with practical training across various counselling specialisations, equipping students for diverse professional roles in educational institutions, hospitals, counselling centres, NGOs and corporate organisations. Graduates can pursue careers as counsellors, trainers, and facilitators in mental health, wellness, and organisational development. Additionally, the programme prepares students for competitive examinations conducted by UGC, NTA, ICSSR, and State and Central Civil Services Boards, enhancing their academic and professional opportunities.



Eligibility

Candidates must meet one of the following criteria:

- Candidates must have completed an undergraduate degree with a minimum aggregate of 50% from a UGC-recognized university (India or abroad).
- Candidates currently in the final year of their undergraduate programmes must have a minimum aggregate of 55% across all completed semesters.
- Individuals who have completed their undergraduate studies and are currently employed are also eligible to apply.

Selection Process

- Courses studied and aggregate marks in the undergraduate degree.
- Entrance Exam (Topics covered: Basic psychology, Lifespan psychology, Quantitative research methods, Current affairs)
- Personal interview

For further details

Course Coordinator

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Apply Online

<https://jyotinivas.org/jnc-pg/courses.php>

ADMISSIONS OPEN

Career Options

- Psychological Counselor
- Substance Abuse Counselor
- Rehabilitation Counselor
- Career Counselor
- Lifestyle Counselor
- Group Counselor
- Psychologist
- Psychotherapist
- Mental Health Practitioner
- Wellbeing Consultant
- Statistical Analyst
- Life Skill/Soft Skill Trainer
- Psychology Teacher