



Postgraduate Online Programmes in Applied Integral Studies

by International Centre for Integral Studies (ICIS) : Certified by IGNOU

www.integralstudiescentre.org

■ PG CERTIFICATE PROGRAMMES

The programmes will run for one academic semester. There will be a total of 16 Credits per programme – where One Credit = 30 learning hours (including listening to the lecture, reading the transcript, completing the required readings, completing objective and conceptual & application-based reflective assignments, participation in online forums and teleconferences, etc.). Each programme culminates in a research-based project paper or a seminar.

Note: Students without any background in Integral Studies will also need to take a 4-Credit Introductory Course – towards a 20-Credit PG Certificate Programme.

- [Integral Education: from Reflection to Action](#)
- [The Study of the Bhagawad Gita in the light of Sri Aurobindo](#)
- [Explorations Towards A New Creation of the Self](#)
- [Studies of Rig Veda : Hymns to the Rising sun, Surya-Savitri](#)
- [The Upanishads in the light of Sri Aurobindo](#)
- [Paradigms of Psychological Knowledge: A Historical & Cross-Cultural Perspective](#)
- [An Introduction to the Vedas in the Light of Sri Aurobindo](#)
- [Connecting Inner Power with Global Change](#)
- [Explorations Towards A New Creation of the Society](#)

Pre-Requisite Course (essential for those without a prior background in Integral Studies)

- [An Introduction to Integral Studies: Key Perspectives from the Works of Sri Aurobindo & the Mother](#)

Accredited Option: You can enroll for the Accredited option leading to Certification from IGNOU (Indira Gandhi National Open University, New Delhi, India) upon successful completion.

Non-accredited Option: You can enroll for the non-accredited option leading to Certification from ICIS itself, upon successful completion.

In both cases, the course work and academic rigour is the same. The only difference would be in the fee. (See fee details at the end.)

■ PG DIPLOMA PROGRAMMES

Any of the above programmes can be taken towards a PG Diploma – for which the student must accumulate 32 credits – through 2 Certificate Programmes. One can take 2 Certificate Programmes simultaneously or take the second Programme in a subsequent semester.

■ MASTERS IN APPLIED INTEGRAL STUDIES

The Masters comprises of 68 credits. The student can take 3 PG Certificate Programmes and accumulate credits towards a Masters degree which would also comprise of Research work and Onsite practicum.

DETAILS...

INTEGRAL EDUCATION: from Reflection to Action

Facilitator: Anuradha

Credits: 16 (includes a 4 Credit Research Practicum/Seminar)

Duration: Six months

Anuradha has been in the field of education since 1986, and has worked primarily in integral education settings – with children and educators. She is a teacher-educator and has also provided training inputs to mainstream teachers and teacher-students. She is a founding-trustee and Secretary of the Gnostic Centre and International Centre for Integral Studies, where she is engaged in multi-dimensional projects, focused around the growth of consciousness.

Programme Objectives

Two kinds of reality co-exist – one, that represents the best in society, progressive ways of thinking, refinement, new creation, aspiration, collaboration; the other, that represents the worst in society, depravity, cruelty, division, crudity, ugliness, meanness. Educating the young in such times is no simple task. How can education consciously collaborate with the positive forces in human nature and society? How can it fulfil its creative function for the individual and the society, and align itself to the evolutionary purpose of human life? This programme introduces the basics of Integral Education (based on Sri Aurobindo's and The Mother's works) in this context, and encourages the students to evolve and engage in its practice.

Course 1: An Introduction to the Conceptual Framework of Integral Education (6 Credits)

1. Our Need and Demand from Education
2. The Integral Approach to Education
3. The Integral Teacher
4. The First Essentials & Classroom Implications
5. From Action to Reflection
6. Assimilation & Assessment

Course 2: The Practice of Integral Education (6 Credits)

1. Psychic: the Starting Point
2. Learning to use One's Mind
3. Understanding Oneself & Others: Dealing with Emotions, Responses & Relationships
4. Creating a Sound Physical Basis
5. From Reflection to Action: Envisioning, Organising, Actualising
6. Assimilation & Assessment

Course 3: Research Practicum/Seminar/Project Work (4 Credits)

THE STUDY OF THE BHAGAWAD GITA in the light of Sri Aurobindo

Facilitator: Sampada Savardekar, PhD

Credits: 16 (includes a 4 Credit Research Practicum/Seminar)

Duration: Six months

Sampada Savardekar, is an ex-student of Sri Aurobindo International Centre of Education (Pondicherry), Dr. Sampada Savardekar has completed her doctoral studies Sanskrit, with a doctoral thesis: "The Secret of Action in the Bhagawad Gita: A Critical Study". Her special interest is in extracting the essence of the ancient spiritual texts of India, as well as references found in Kavya and moulding the teaching to benefit the youth of today, through education and practical guidance.

Programme Objectives

The study of any scripture, however sacred, would prove futile if it cannot be relevant to today's human needs. That, which apart from being true to its own epoch, also holds within it the message for future humanity must be an ideal treatise, which can deliver modern man from his present state of spiritual bankruptcy. The aim of studying the Bhagawad Gita is to unravel the message always verifiable by experience it contains, the truth that is valid for all ages, and all mankind. Sri Aurobindo's vision further clarifies the spirit of the Gita's teaching, which was missed by earlier thinkers due to their keenness in finding in the Gita sufficient material to support their own philosophical thesis. We propose to approach this epic composition with an attitude of humility and not one of judgement. We hope to seek from it its essential and living message, and not delve into a mere academic scrutiny of terms. The Bhagawad Gita is not a record-book of historical events and therefore, we look at it not from the eye of a historian, but with the openness of a seeker.

Course 1: The Crisis and the Query (6 Credits)

1. Introduction, the need of studying the Gita
2. Arjuna's Crisis
3. Karma and the Concept of Yajna
4. Avataarhood and Vibhuti yoga
5. Vishwarupadarshanam (The Gita's treatment of evil)
6. Assimilation and Assessment

Course 2: The Secret of Deliverance (6 Credits)

1. Bhakti and Shraddha
2. Gunas and Beyond
3. Swabhava and Swadharma
4. Purushottamayoga (includes Jiva and Para-prakriti)
5. Conclusion and finale
6. Assimilation and Assessment

Course 3: Research Practicum/Seminar/Project Work (4 Credits)

EXPLORATIONS TOWARDS A NEW CREATION OF THE SELF

Facilitator: Ameeta Mehra

Credits: 16 (includes a 4 Credit Research Practicum/Seminar)

Duration: Six months

Ameeta Mehra (Chairperson-cum-Director, ICIS) has studied and received guidance in Sri Aurobindo and the Mother's Integral Yoga (from 1988 to 2000) under Dr. Nirodbaran (Literary Secretary & Personal Attendant to Sri Aurobindo). With a background in integral yoga philosophy, integral education, and management, Ms. Mehra has facilitated several courses, as well as authored books and articles on these subjects. Ms. Mehra have done the Business Management (MEP) from IIM Ahmedabad, and an Equine Management Diploma (Gold medalist) from Ireland.

Programme Objectives

- To develop Tools for a New Vision of the Future for the Individual and Society
- To use the faculty of imagination as a formative power
- To develop inner psychological attitudes
- To inwardise, intensify and expand the consciousness
- To explore the role of the individual to bring about a shift in Society

Course 1: Attitudes and Faculties for a New Creation (6 Credits)

1. Developing the faculty of Imagination as a basis of New Creation
2. Understanding the role of Faith and Trust in the formative power of Imagination
3. The Power of Will
4. Aspiration and Desire – the need for Unity
5. The Power of Prayer in the Illumination of Knowledge and the removal of Obstructions
6. Assimilation & Assessment

Course 2: Transforming the Character, Mind and Body (6 Credits)

1. Transformation of Character: Understanding Atavisms and the role of the Subconscious
2. Transformation of the Mental: Envisioning a New Future: the limitation of Preconception and Prejudice
3. The Nature of the Body and the Need for its Perfection
4. Refinement and Culture of the Physical Consciousness
5. The Role of the Inconscience and Superconscience in the Perfection of the Physical Mind, Life and Body
6. Assimilation & Assessment

Course 3: Research Practicum/Seminar/Project Work (4 Credits)

STUDIES OF THE RIG VEDA: Hymns to the Rising Sun, Surya-Savitri

Facilitator: Vladimir Yatsenko

Credits: 16 (includes a 4 Credit Research Practicum/Seminar)

Duration: Six months

Vladimir Yatsenko is a Russian scholar and teacher of Sanskrit and the Indian scriptures, settled in Auroville (an international township for human unity), since several years.

Programme Objectives

This course will introduce 12 major hymns to Surya-Savitri of the Rig Veda (Hymns to Savitri: 1.35, 2.38, 4.53, 4.54, 5.81, 5.82, 6.71, 7.38, 7.45 and Hymns to Surya: 1.50, 1.115, 10.37) in the light of Sri Aurobindo's Integral Yoga and especially his epic poem 'Savitri'. The Hymns to the Supramental Godhead of the legendary Rishis: Hiranyastupa Angirasa, Kutsa Angirasa, Gritsamada Shaunaka, Vamadeva, Syavashva Atreya, Bharadvaja and Vasishta, Abhitapa Saurya will be studied in depth, introducing all major symbols of the Vedic system of Knowledge. Besides, the basics of the Vedic Prosody, Chandas, such meters as Gayatri, Trishtubh, Anushtubh, Jagati, etc., will be studied in detail.

Course 1: An Introduction to the Vedic Paradigm of Knowledge: Myth of the Rising Sun (6 Credits)

1. An Introduction: Text and Meaning
2. An Introduction to the Vedic Paradigm of Knowledge
3. Hymn to Savitar by Hiranyastūpa Āngirasa: RV 1.35
4. Hymns to Savitr by Grtsamada Śaunaka: RV 2.38
5. Hymns to Savitr by Vāmadeva Gautama: RV 4.53, 4.54
6. Assimilation & Assessment

Course 2: The Study of the Hymns to Surya-Savitri in the Rig Veda in the light of Sri Aurobindo (6 Credits)

1. Hymn to Savitar by Śyāvāśva Ātreya with Sri Aurobindo's translation and commentaries: RV 5.81
2. Hymn to Bhaga-Savitr by Śyāvāśva Ātreya with Sri Aurobindo's translation and commentaries: RV 5.82 and by Bharadvāja Bārhaspatya: RV 6.71
3. Two hymns to Sūrya-Savitr by Vasistha: RV 7.38, 7.45
4. Hymns to Surya, the Concept of the Supermind in the Rigveda, by Praskanva Kanva: RV 1.50
5. The Hymn to Surya, the Supramental Deity, the Lord of Immortality, by Kutsa Angirasa: RV 1.115
6. Assimilation & Assessment

Course 3: Research Practicum/Seminar/Project Work (4 Credits)

THE UPANISHADS in the light of Sri Aurobindo

Facilitator: Vladimir Yatsenko

Credits: 16 (includes a 4 Credit Research Practicum/Seminar)

Duration: Six months

Vladimir Yatsenko is a Russian scholar and teacher of Sanskrit and the Indian scriptures, settled in Auroville (an international township for human unity), since several years.

Programme Objectives

This programme is an introduction to the Upanishads and Vedantic Metaphysics and Psychology in the light of Sri Aurobindo and the Mother. It maps all major concepts of the Vedantic paradigm and their interpretation in the perspective of Integral Yoga of Sri Aurobindo. Besides the commentaries of Sri Aurobindo and the Mother the traditional commentaries of Shankara, Sayana and other scholars are widely used.

1. To introduce students to the major concepts as they are presented in Upanishads in the light of Sri Aurobindo.
2. To be able distinguish different Epistemological frameworks, such as ādhibhūta, ādhidaiva, ādhyātma in the texts of Upanishads.
3. To be able to see and to describe the worldview of the Upanishadic Rishis in depth and in detail.
4. To be able to synthesis the views depicted in these four Upanishads into one Vision of the Vedanta and to compare it with the Vedic and post Vedantic paradigms of knowledge.

Course 1: Isha & Kena Upanishads (6 Credits)

1. The Structure and the general content of the Upanishads. Sri Aurobindo on the Epistemology of Upanishadic literature
2. The Vision of the Isha Upanishad
3. The Four movements of the Isha Upanishad in the light of Sri Aurobindo
4. The Kena Upanishad 1-2. Knowledge about Brahman
5. The Kena Upanishad 3-4. The Parable of the Gods
6. Assimilation & Assessment

Course 2: Aitareya & Taittiriya Upanishads (6 Credits)

1. The Aitareya Upanishad. The Myth of Creation. Purusha Sacrifice
2. The Aitareya Upanishad. The Myth of a Primeval Death and the embodiment of the Spirit in Matter
3. The Aitareya Upanishad on the knowledge of Consciousness. Samjnana, Ajnana, Vijnana, Prajnana in the light of Sri Aurobindo
4. The Taittiriya Upanishad, Bhrigu Valli. Knowledge about Brahman
5. The Taittiriya Upanishad, Brahmananda Valli. Knowledge of the Five Purushas
6. Assimilation & Assessment

Course 3: Research Practicum/Seminar/Project Work (4 Credits)

PARADIGMS OF PSYCHOLOGICAL KNOWLEDGE: A Historical & Cross-Cultural Perspective

Facilitator: Suneet Varma, PhD
Credits: 16 (includes a 4 Credit Research Practicum/Seminar)
Duration: Six months

Dr. Suneet Varma is a Reader in Dept. of Psychology at the University of Delhi. Dr. Varma has worked extensively to bring cross-cultural perspectives in Psychology into the mainstream academics.

Programme Objectives

All knowledge-seeking endeavours can be understood with the help of three issues: (a) The assumptions about the nature of reality under study - ontology, (b) the relationship between the knower and that which is to be known - epistemology, and (c) the methods to be used for acquiring knowledge - methodology. In the late 19th century, academic psychology emerged emulating physics, the queen of sciences. The natural science approach served as its model, and psychology aimed at objective, value-free, quantifiable, and generalisable knowledge. From the 1970's onwards it was increasingly felt that the natural science paradigm did not serve well the goals of psychology. Today the discipline consists of diverse research paradigms based on differing ontologies, and concomitant epistemologies and methodologies. No system of psychology can be complete unless it includes the spiritual dimension of existence, and contemporary psychology has begun to take this profound aspect of existence more seriously. Indian systems of psychological knowledge have for millennia emphasised the essential, spiritual nature of human beings, and the need to integrate the spiritual with everyday life, in order to attain a meaningful and fulfilled existence.

Course 1: Paradigms in Contemporary Mainstream Psychology (6 Credits)

1. Three aspects of knowledge paradigms
2. Historical emergence of Psychology as a science
3. Positivism, Post-positivism, and the Critical perspective
4. The Social Constructionist movement in Psychology
5. Participative Research/Co-operative Enquiry in Psychology
6. Assimilation & Assessment

Course 2: New Directions and Alternative Paradigms in Psychology (6 Credits)

1. An alternative history of Psychology
2. The Existential-Phenomenological and the Indian conception of knowledge
3. Avidya and Vidya as two distinct forms of knowing in the Indian tradition
4. Self knowledge in the Indian tradition
5. The Integral way of knowledge
6. Assimilation & Assessment

Course 3: Research Practicum/Seminar/Project Work (4 Credits)

AN INTRODUCTION TO THE VEDAS in the light of Sri Aurobindo

Facilitator: Vladimir Yatsenko
Credits: 16 (includes a 4 Credit Research Practicum/Seminar)
Duration: Six months

Vladimir Yatsenko is a Russian scholar and teacher of Sanskrit and the Indian scriptures, settled in Auroville (an international township for human unity), since several years.

Programme Objectives

- Psychological interpretation of the Veda in the light of Sri Aurobindo, its relevance to the modern life and the evolutionary process of humanity.
- The revival of Indian Spirituality.
- A deeper understanding of Sri Aurobindo's and Mother's Works.

Course 1: An Introduction to Shruti Literature and the Vedic Symbolism in the light of Sri Aurobindo (6 Credits)

1. Shruti and Smriti: The Structure and the general content of the Veda
2. The Vedic Vision
3. Night and Dawn
4. The Myth of the Lost Herds of Light and the Angirasa Rishis
5. Myths of Creation: Nasadiya sukta, Heaven & Earth, Hiranya Garbha
6. Assimilation & Assessment

Course 2: The Vedic Myths of Creation and the Concept of Sacrifice (6 Credits)

1. Myths of Creation: Purusha Suktam, Visvakarman
2. Agni and the Concept of the Sacrifice
3. Hymns to the Mystic Fire
4. The conception of Speech in the Vedic Literature
5. The five Myths of Immortality
6. Assimilation & Assessment

Course 3: Research Practicum/Seminar/Project Work (4 Credits)

CONNECTING INNER POWER WITH GLOBAL CHANGE

Facilitator: Pravir Malik
Credits: 16 (includes a 4 Credit Research Practicum/Seminar)
Duration: Six months

Pravir Malik is a change architect and strategic generalist who draws insight into potential futures through a study of global trends and patterns, systems theory, and human potential. Author of several books on Management, he specializes in Fractal Systems Framing and Thinking; Formation of Vision and Intent; Executive Guidance; Strategy & Vision Execution; Organizational Transformation; Strategic Generalist; Innovation & Creativity.

Programme Objectives

The power to change things lies within us. This course will explore a theory on how shifts in oneself can have profound shifts in corporations, markets, systems, and the world. It has been said - "Become the change you wish to see in the World". But the elaboration of how this is true may remain a mystery. The theory of organization introduced in this course, which parallels the book by the same name – Connecting Inner Power with Global Change, indicates a fractal reality in which an idea, a person, a team, a corporation, a market, a system, progressively more complex constructs, are concretely connected by virtue of common and linked patterns that animates each of these separate levels. Hence the power to positively change progressively more complex and in many cases removed arenas of life, such even as Climate Change, by making corresponding changes in one's personal space becomes more real.

Overall learning Objectives

- 1) To explore a fractal view of connecting inner power with global change
- 2) To understand the manifestation of problems, regardless of sphere, to be the result of micro-patterns at the root of a global fractal
- 3) To explore different approaches to solving organizational and system problems, using fractal modeling
- 4) To re-contextualize organizations and systems from the physical-vital end to the mental-intuitional end
- 5) To explore a holistic notion of Fractal Ladder based leadership
- 6) To model a solution to a practical and meaningful organization or system problem using fractal-based thinking

Course 1: The Fractal Ladder (6 Credits)

7. The Pattern & The Person Pattern
8. The Business Pattern
9. The Economy Pattern
10. The System Pattern
11. The Evolution Pattern & The Fractal Ladder
12. Assimilation & Assessment

Course 2: Connecting Inner Power with Global Change (6 Credits)

7. Fractal Properties
8. The Nature of Progress
9. Remaking the Business World
10. Future Leadership & Alternative Futures
11. The Immediate Transformation
12. Assimilation & Assessment

Course 3: Research Practicum/Seminar/Project Work (4 Credits)

PRE-REQUISITE COURSE:

AN INTRODUCTION TO INTEGRAL STUDIES:

Key Perspectives from the Works of Sri Aurobindo & the Mother

Essential for those not having a previous background in Integral Studies.

Facilitator: Monica Gupta

Credits: 4

Duration: 2 months

Monica Gupta, a senior lecturer in Gargi College, University of Delhi, has a background in Educational and Developmental Psychology, as well as the integral studies.

Course Objectives

- To give an introduction to the lives and works of Sri Aurobindo and the Mother.
- To give an overview of the key philosophical ideas of Sri Aurobindo and the Mother.
- To provide a basic understanding of the psychological and sociological evolutionary potential of humankind.
- To give an introduction to Integral Yoga and its practice.

Units

1. Introduction to Sri Aurobindo and the Mother
2. Integral Philosophy: Some Key Concepts
3. The Parts of the Being
4. The Planes of the Being
5. The Fundamentals of Integral Yoga & Transformation
6. Moving towards a Life Divine on Earth
7. Assimilation & Assessment

FEE STRUCTURE

PG CERTIFICATE PROGRAMMES

Fee	Within India (in INR)	Outside India (in USD)
Application fee	250	20
Course fee	7000	450
Evaluation & Certification fee*	1100	75
<i>In Cases where Applicable:</i>		
Prospectus fee (hard copy)	250	20
Returned Cheque fee	200	15
Late Course Fee Payment (up to 15 days)	2% of Course fee	2% of Course fee

Note:

- In case of an on-site practicum, the costs for the same to be borne by the student.
- For those taking the 4 Credit Pre-requisite Course 'An Introduction to Integral Studies: Key Perspectives from the Works of Sri Aurobindo & The Mother', there would be an additional Course fee of Rs.2500 (USD 175).

Scholarships: Partial scholarships are available for needy and deserving students.

* Non-accredited Option: The Evaluation & Certification will not apply in case you opt for ICIS certification, i.e. the non-accredited option.

Fee will be accepted by Cheque or DD, in favour of INTERNATIONAL CENTRE FOR INTEGRAL STUDIES, to be sent along with all the necessary documents and the application form to the address given below.

Contact

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