



Integral Education

From Reflection to Action

Facilitator: Anuradha Agrawal | Format: Self-directed, Self-reflective | Code: IERA
Weeks 24 to 32 | Diploma in Applied Integral Studies (Postgraduate level) (optional)

Course Brief: Integral education is a system that engages & develops one's entire being...

- the body's innate capacity for health and strength,
- the emotional being's ability to create positivity in oneself and in relationships
- the mind's speculative and creative faculties
- an inner connect with self towards a conscious way of living

Course Overview:

Study Units (click on the links for details)	Weeks
1. The Integral Approach to Education	2
2. How to Nurture your Physical Being (Physical Education)	4
3. How to Understand Oneself & Others (Vital Education)	4
4. How to Use your Mind (Mental Education)	4
5. How to Connect with your Inner Self (Psychic Education)	4
6. How to Facilitate in the Integral Way	6
Research Project *	8

Recommended

ANURADHA AGRAWAL is a teacher-educator and has taught courses in Integral Education and Self-development, since 1996. She started as a teacher at Mirambika free progress school (Delhi in 1986), where she also served as its Acting Principal (1987-90) and in-charge of Teacher Education (1991-96).

Anuradha completed MA in International Education from University of Sussex (UK). She also completed B.Ed. from Devi Ahalya Vishwa Vidyalaya (Indore, gold medalist), and graduation from Lady Shri Ram College, University of Delhi.

Anuradha is the co-founding Trustee of The Gnostic Centre, where she teaches onsite as well as online courses in Integral Education and Self-development. She has worked with several schools and colleges to train the faculty in these areas. She has also worked extensively with B.El.Ed. students from University of Delhi, since 1998, to provide Self-development inputs.

Anuradha is also a published writer.