



# The Psychology of Human Development

## An Integral view

Facilitator: Monica Gupta, PhD | Format: Self-directed, Self-reflective | Code: PHD

Weeks 15 to 16 | Certificate in Applied Integral Studies (Postgraduate level) (optional)

Weeks 30 to 36 | Diploma in Applied Integral Studies (Postgraduate level) (optional)

**Course Brief:** This course is based on understanding the integral self as described by Sri Aurobindo and the Mother. It presents a new 'integral' vision of Psychology and examines Individual and Social evolution from an inner-yogic perspective.

### Certificate Level Course Overview:

Study Units	Week
1. Sri Aurobindo's Vision of Psychology: Key Ideas	1-3
2. The Philosophy of Psychology: An Integral Perspective part 1	4-6
3. The Philosophy of Psychology: An Integral Perspective part 2	7-9
4. The Psychology of Social Development	10-12
5. The Psychology of Individual Development – Multiple Dimensions	13-15
Minor Project *	16

\* Recommended

### Diploma Level Course Overview:

Study Units	Week
1. Sri Aurobindo's Vision of Psychology: Key Ideas	1-3
2. The Philosophy of Psychology: An Integral Perspective part 1	4-6
3. The Philosophy of Psychology: An Integral Perspective part 2	7-9
4. The Psychology of Social Development	10-12
5. The Psychology of Individual Development – Multiple Dimensions	13-15
Minor Project *	16-17
6. The Current Discipline of Developmental Psychology: Nature and Concerns	18-20
7. The Major Meta-narratives in Current Discipline of Developmental Psychology	21-23
8. Examining the Current Developmental Discourse in Light of Sri Aurobindo's Works	24-26
9. Creating a New Agenda of Developmental Psychology	27-29
10. Future Directions	30-32
Major Project *	33-36

\* Recommended



**MONICA GUPTA, PhD**, is Assistant Professor at the Department of Elementary Education, University of Delhi, and teaches at Gargi College. Monica teaches onsite as well as online courses. She has been teaching at the University of Delhi since 1996. She is also a published writer.

Monica completed MSc in Child Development from M.S. University (Vadodara) (1994). Her PhD in Psychology focused on “Sri Aurobindo's Discourse on Human Development – A Meta-psychological Study” from University of Delhi.

Monica has developed curriculum for Department of Psychology (University of Delhi), Central Institute of Education (University of Delhi), Indian Institute of Teacher Education (Children’s University, Gujarat), and SCERT (Delhi) in the areas of Human Development, Integral Education and Self-Development.

Monica is also the General Secretary of Comparative Education Society of India. At The Gnostic Centre, Monica teaches Integral Studies and Psychology as a Science of Consciousness.