



# An Introduction to the Integral Yoga Philosophy

Facilitator: Monica Gupta, PhD | Format: Self-directed, Self-reflective | Code: IIYP  
Weeks 7 to 8 | Certificate in Professional Studies (optional)

“There is an ascending evolution in nature, which goes from the stone to the plant, from the plant to the animal, from the animal to man. Because man is, for the moment, the last rung at the summit of the ascending evolution, he considers himself as the final stage in this ascension and believes there can be nothing on earth superior to him. In that he is mistaken. ...”

(The Mother)

**Course Brief:** This course explains the underlying principles of Sri Aurobindo’s and the Mother’s philosophy. It answers questions such as: How can society evolve towards a harmonious future where there is no duality, no division; a society based on Truth-Consciousness?

## Course Overview

| Units   | Week |
|---|------|
| 1. Introduction to Sri Aurobindo and the Mother       | 1    |
| 2. Integral Philosophy: Some Key Concepts             | 2-3  |
| 3. The Parts of the Being                             | 4    |
| 4. The Planes of the Being                            | 5    |
| 5. The Fundamentals of Integral Yoga & Transformation | 6    |
| 6. Moving towards a Life Divine on Earth              | 7    |
| 7. Assimilation & Assessment *                        | 8    |

\* 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.