

Design Your Own Course

ICIS offers online students the freedom to choose elements from different courses and design a course completely suited to their needs. The array comprises of short and long courses ranging from 1 week to 30 weeks.

A student may explore a single topic from different perspectives or combine different topics from different streams – for instance, study the Vedas along with Psychology or work on one’s Relationships as one learns about Integral Yoga Philosophy or enhances one’s Power of Imagination. The student can also decide upon the inputs she/he wishes to receive and how frequently. Similarly, the student may choose from various elements and opt for evaluation mode(s) suited to her/him. The cost and duration of the course(s) is dynamic as it is based on the options the student takes.

SEGMENT A: COURSE CONTENT

Step 1: Choose your course content. You may choose only 1 module or more – even combine modules from diverse areas together (from Education as well as Vedas as well as Psychology... and so on). The modules you choose will total up to form One course for you. Should you be interested in several modules but wish to take them up as separate courses, please submit these as separate courses. For further clarification, [e-mail us](#).

Modular Courses:

1 to 7 weeks. Most of these courses are modules within a full (parent) course – but are here offered to you as stand-alone options so that you can take any on its own or combine several. List of Full (Parent) Courses follows after the list of Modular Courses – you are free to opt for a full course instead/as well.

	Duration (weeks)	INR (in India)	USD (abroad)
<input type="checkbox"/> A Crisis of Morality vs Spirituality ¹ (by Sampada Savardekar , PhD) Reflection upon the nature of the crisis in and around us through a study of Arjuna’s character and the cause of his sudden awakening. The course helps understand the cause of Arjuna’s weakness and the battle between morality and spirituality. More...	2	2400	38
<input type="checkbox"/> Celebrating Differences ² (by Anuradha Agrawal) If we wanted a relationship with someone who is like us, we should have cloned ourselves. How can we learn to deal with differences? More...	1	1200	19
<input type="checkbox"/> Freedom from Anxiety ³ (by Ameeta Mehra) The course teaches you how to attract a solution to the problems that make you anxious, instead of fretting for an answer. More...	1	1500	24
<input type="checkbox"/> How to Understand Oneself & Others ⁴ (by Anuradha Agrawal) How can we develop the skills to deal with emotions in a harmonious and powerful way? How can we channelize the immense potential and energy of our vital self? More...	4	4800	77
<input type="checkbox"/> How to Use One’s Mind ⁵ (by Anuradha Agrawal) Mind can be a helper; it can be a hindrance. What are its innate capacities and how can we develop these in the most constructive way? More...	4	4800	77
<input type="checkbox"/> Inculcating Freedom & Space in Relationships ⁶ (by Anuradha Agrawal) The relationship might initially base itself on acceptance of the other as they are, but soon expectations enter the scene, and freedom goes out of the window. More...	1	1200	19

¹ Parent course: The Study of the Bhagawad Gita

² Parent course: Empowering Relationships

³ This is offered as a full course, without any sub-modules

⁴ Parent course: Integral Education

⁵ Parent course: Integral Education

⁶ Parent course: Empowering Relationships

	Duration (weeks)	INR (in India)	USD (abroad)
<input type="checkbox"/> Introduction to Sri Aurobindo, The Mother & Integral Philosophy ⁷ (by Monica Gupta , PhD) A brief overview of the lives and vision of Sri Aurobindo & The Mother. Introduction to the vision and key concepts of their Integral Yoga philosophy. More...	3	3600	58
<input type="checkbox"/> Introduction to the Bhagawad Gita ⁸ (by Sampada Savardekar , PhD) What is the need for studying the Bhagawad Gita? A brief overview of the core concepts of the Gita and its harmonizing power. Why is it termed an immortal scripture? How to study the Gita as a tool for spiritual progress? More...	2	2400	38
<input type="checkbox"/> Isha Upanishad ⁹ (by Vladimir Yatsenko , PhD) What was the vision of the Vedantic seers? How does Isha Upanishad approach reality? The four movements of thought that reconcile and harmonise fundamental opposites (Knowledge & Ignorance, Birth & Immortality, Becoming and Non-Becoming, etc.). More...	4	4800	77
<input type="checkbox"/> Nurturing Dignity & Self-esteem ¹⁰ (by Anuradha Agrawal) As one journeys on the path of empowering relationships, the most important relationship – with oneself – must not be sidelined. More...	1	1200	19
<input type="checkbox"/> Our Many Selves: Planes & Parts of the Being ¹¹ (by Monica Gupta , PhD) Deconstructing one's behavior through an understanding of the gradations of consciousness within oneself and the different parts of the being (mind, vital, physical, psychic). More...	3	3600	58
<input type="checkbox"/> Power of Imagination ¹² (by Ameeta Mehra) This course introduces you to using the power of imagination to visualize the life, job and relationships you want. It equips you with tools to create the life you desire. More...	6	9000	144
<input type="checkbox"/> Power of Will ¹³ (by Ameeta Mehra) Have you wondered how to use your will and determination to make things happen? How much should you struggle to bring about change and how much should you leave things to 'the Divine Will'? More...	3	4500	72
<input type="checkbox"/> Quest for Immortality ¹⁴ (by Vladimir Yatsenko , PhD) Immortality is a powerful theme taken up by the Vedas and is also discussed by Sri Aurobindo. What can we learn from the myths of Trishanku, Nachiketas, Markandeya as well as Sri Aurobindo's interpretation of the ancient tale of Savitri & Satyavan? More...	2	2400	38
<input type="checkbox"/> Sri Aurobindo's Vision of Psychology ¹⁵ (by Monica Gupta , PhD) An insight into the major errors of modern psychology. A look at Psychology as a subjective science, and consciousness as the fundamental reality underlying all human developmental processes. An introduction to a future psychology and its relation to other disciplines of study. More...	2	2400	38

⁷ Parent course: An Introduction to the Integral Yoga Philosophy

⁸ Parent course: The Study of the Bhagawad Gita

⁹ Parent course: The Upanishads

¹⁰ Parent course: Empowering Relationships

¹¹ Parent course: An Introduction to the Integral Yoga Philosophy

¹² Parent course: New Creation of the Self

¹³ Parent course: New Creation of the Self

¹⁴ Parent course: An Introduction to the Vedas

¹⁵ Parent course: The Psychology of Human Development

	Duration (weeks)	INR (in India)	USD (abroad)
<input type="checkbox"/> The Integral Approach to Education ¹⁶ (by Anuradha Agrawal) While education has become more child-centred and integrated, it still does not deal with all aspects of the human being. Learn how Integral Education provides for a complete education. More...	2	2400	38
<input type="checkbox"/> The Psychology of Individual Development ¹⁷ (by Monica Gupta , PhD) The challenges of individualization and the paradox of life – the dual roles of ego, reason and desire. The unification and harmonization of the individual being and the steps for transformation of consciousness. More...	2	2400	38
<input type="checkbox"/> The Psychology of Social Development ¹⁸ (by Monica Gupta , PhD) A study of the major cycles of social evolution and their psychological foundations; the ideal law of social development, as well as the relation between individual and collective progress. More...	2	2400	38
<input type="checkbox"/> The Secret of the Veda ¹⁹ (by Vladimir Yatsenko , PhD) Are Vedas only ancient texts with beautiful but little understood hymns or do they have any relevance for our present life? What is the Secret Knowledge that Vedas embody? What is the key to understanding the texts and engaging with deep inner psychological and spiritual truths they bring to us? More...	2	2400	38
<input type="checkbox"/> The Structure, Content & Vision of the Upanishads ²⁰ (by Vladimir Yatsenko , PhD) The Upanishads express the highest spiritual knowledge and experience couched in beautiful poetry. This course introduces the Upanishads as interpreted by Sri Aurobindo. More...	2	2400	38
<input type="checkbox"/> The Vedic Myths of Creation ²¹ (by Vladimir Yatsenko , PhD) A study of the several myths of creation found in the Vedas... Hiranya Garbha, Purusha Suktam, Myth of Heaven and Earth, the Purusha Sacrifice, etc. More...	4	4800	77
<input type="checkbox"/> Towards the Light Within ²² (by Monica Gupta , PhD) The course facilitates self-reflection and practice. It develops self-awareness, setting out a path towards a more conscious individuality, a greater mastery over one's choices and decisions. More...	7	7560	121

Full (Parent) Courses:

7 to 30 weeks. Most of these courses offer a few modules as stand-alone courses (listed above). You may opt for the full course instead/as well.

AN INTRODUCTION TO THE INTEGRAL YOGA PHILOSOPHY

(facilitator: [Monica Gupta](#), PhD)

- | | | | | |
|---|---|---|------|-----|
| <input type="checkbox"/> Full Course (Certificate) | 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? More... | 7 | 7560 | 121 |
|---|---|---|------|-----|

¹⁶ Parent course: Integral Education

¹⁷ Parent course: The Psychology of Human Development

¹⁸ Parent course: The Psychology of Human Development

¹⁹ Parent course: An Introduction to the Vedas

²⁰ Parent course: The Upanishads

²¹ Parent course: An Introduction to the Vedas

²² This is offered as a full course, without any sub-modules

	Duration (weeks)	INR (in India)	USD (abroad)
<p>▪ AN INTRODUCTION TO THE VEDAS in the Light of Sri Aurobindo (facilitator: Vladimir Yatsenko, PhD)</p> <p><input type="checkbox"/> Full Course (PG Certificate Level)</p> <p>This course presents an interpretation of the Vedas to show its relevance to modern life. It looks at myths of creation, of immortality, as well as several hymns, and decodes their significance for growth of consciousness. More...</p>	20	21600	346
<p>▪ EMPOWERING RELATIONSHIPS (facilitator: Anuradha Agrawal)</p> <p><input type="checkbox"/> Full Course (Certificate)</p> <p>The course provides space and tools to look at our most significant relationships, and empowering these by empowering ourselves. More...</p>	10	10800	173
<p>▪ INDIAN PSYCHOLOGY: Past, Present & Future (facilitator: Suneet Varma, PhD) <i>Suited especially for those interested in Psychology / Counselling / Indian Philosophy</i></p> <p><input type="checkbox"/> Full Course (PG Certificate Level)</p> <p>Through an examination of the Psychology of the Vedas, the Upanishads, the Gita, Tantra, Buddhism, Transpersonal approaches and Integral Yoga, this course answers questions such as: What is Indian Psychology and how is it different from Psychology as we know it? What are its major movements and how do they impact our thought and actions? What are the implications for counseling and personal growth? More...</p>	20	27000	432
<p>▪ INTEGRAL EDUCATION From Reflection to Action (facilitator: Anuradha Agrawal) <i>Suited especially for those engaged in self-development / mentoring-training-teaching / parents / educators</i></p> <p><input type="checkbox"/> Full Course (PG Diploma Level)</p> <p>Integral education is a system that engages & develops one's entire being...</p> <ul style="list-style-type: none"> - 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 <p>This course introduces the key aspects of Integral Education. More...</p>	24	25920	415
<p>▪ NEW CREATION OF THE SELF (facilitator: Ameeta Mehra)</p> <p><input type="checkbox"/> Full Course (PG Diploma Level)</p> <p>The aim is to create a new inner psychological foundation to better deal with problems/ issues of individual and societal progress. The course introduces ways to deepen, widen and intensify the consciousness through imagination, will, faith, trust and prayer. More...</p>	30	40500	648
<p>▪ THE PSYCHOLOGY OF HUMAN DEVELOPMENT An Integral View (facilitator: Monica Gupta, PhD) <i>Suited especially for those interested in Psychology / Human Resource development-training / Counselling</i></p> <p><input type="checkbox"/> Full Course (PG Certificate Level)</p> <p><input type="checkbox"/> Full Course (PG Diploma Level)</p> <p>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. More...</p>	15	16200	259
<p>▪ THE STUDY OF THE BHAGAWAD GITA in the Light of Sri Aurobindo (facilitator: Sampada Savardekar, PhD)</p> <p><input type="checkbox"/> Full Course (PG Certificate Level)</p> <p>The course takes up the key concepts from the Bhagawad Gita and connects these to our individual and collective life. It highlights truths valid and relevant for all ages. More...</p>	20	21600	346

	Duration (weeks)	INR (in India)	USD (abroad)
THE UPANISHADS in the Light of Sri Aurobindo (facilitator: Vladimir Yatsenko, PhD)			
<input type="checkbox"/> Full Course (PG Certificate Level) Major concepts from Isha, Kena, Aitareya and Taittiriya Upanishads are presented from the perspective Sri Aurobindo and the Mother, along with commentaries of Shankara, Sayana and other scholars. More...	20	21600	346

SEGMENT B: COURSE STRUCTURE

Step 2: Choose if and how you will connect with the Facilitator. Learning materials (Text, Audio, etc.) as well as assignment will be a part of your course by default. You can initiate and/or participate in online forums and discussion groups. And, you can always contact the facilitator by email, and even an occasional phone call. For more inputs, you can choose from the options below.

	INR (in India)	USD (abroad)
a) Facilitator Contact		
<input type="checkbox"/> Online Live Individual Session (40min) Real-time One-to-one video call (over Zoom/Skype/Google Meet) with the facilitator, for further learning	1000	16
<input type="checkbox"/> Online Live Group Session (60-90min) (group size: 3 or above) Real-time Group video call (over Zoom/Skype/Google Meet) with the facilitator (& other students), for further learning	750	12
<input type="checkbox"/> None	No additional cost	
b) Special Inputs Subject to Availability		
<input type="checkbox"/> Onsite Live Individual Session (60min) One-to-one onsite session with the facilitator for further learning	2000	32
<input type="checkbox"/> Onsite Live Group Session (180min) (group size: 3 or above) Group onsite session with the facilitator (& other students) for further learning	1500	24
<input type="checkbox"/> Onsite Practicum (design one with Facilitator's inputs) Onsite application-based project work, designed in consultation with the facilitator – learning by doing	10% of Segment A Total	
<input type="checkbox"/> None	No additional cost	

SEGMENT C: EVALUATION

Step 3: Choose if and how you will be evaluated. Your course will include assignments to help you reflect and practice, as well as clarify the concepts. Though you may choose not to do the assignments, we strongly recommend that you do engage for a richer learning. You may further choose to receive the facilitator's feedback on these or even grades. You might opt for certain other forms of evaluation. Choose from the options below.

<input type="checkbox"/> Assignments with Feedback Get individual Feedback from the facilitator on submitted assignments	5% of Segment A Total
<input type="checkbox"/> Assignments with Feedback & Grades Get individual Feedback plus Grades from the facilitator on submitted assignments	10% of Segment A Total
<input type="checkbox"/> Online Viva Appear for an online video-call based Viva with the facilitator and/or a panel of evaluators	10% of Segment A Total
<input type="checkbox"/> Online Presentation & Q&A Make an online video-call based Presentation on the coursework to the facilitator and/or a panel of evaluators	15% of Segment A Total
<input type="checkbox"/> Project Work & Report Engage in Project Work at the end of the course and submit a Report for purposes of evaluation	15% of Segment A Total
<input type="checkbox"/> Research & Monograph Engage in Research or Action Research* at the end of the course and submit the findings as a Monograph#	15% of Segment A Total
<input type="checkbox"/> None	No additional cost

* Research may be concept-based or theoretical; Action research is practice-based, conducted in real situations, since its primary focus is solving real problems.

Research-based long essay – may or may not have chapters.

SEGMENT D: CERTIFICATION

Step 4: Choose if you would like a Certificate from ICIS.

- With Certificate
 Without Certificate

10% of Segment A, B & C Total
 No additional cost

MY COURSE

Course Cost: Total of Cost A, B, C & D.

Course Duration: Add up the weeks based on the choices you made in Segment A. If you have opted for Research/Presentation/Project work, add 15% of Segment A total duration to arrive at YOUR OWN COURSE DURATION.

E.g. Student X who wishes to overcome Anxiety, opts thus:

	Weeks	Nos.	Cost INR	Cost USD
A) Course Content:				
▪ Freedom from Anxiety	1		1500	24
▪ How to Use One's Mind	4		4800	77
Cost A			6300	101
B) Course Structure:				
▪ Online Live Individual Session (40min)		1	1000	16
Cost B				
C) Evaluation:				
▪ Assignments with Feedback & Grades (10% of Cost A)			630	10
▪ Online Presentation & Q&A (15% of Cost A)			945	15
Cost C			1575	25
D) Certification:				
▪ Certificate – YES (10% of Cost A, B & C)			888	14
Cost D				
MY COURSE:				
▪ Course Cost – Total of Cost A, B, C & D			9763	156
▪ Course Duration – 5 weeks plus 15% (for Presentation)	5			

(Note: Choose the INR Costs if residing in India, otherwise choose USD Costs)

Now go ahead and [DESIGN YOUR OWN COURSE](#). Or [e-mail us](#) to book one free tele-consult.