Pramá Analysis Course Module Description

Module 1 – Pramá Analysis History – Discourses by P.R. Sarkar P. R. Sarkar wrote extensively on Pramá since the fifties. He describes Pramá giving very original connotations, and consequently, he suggested using Pramá as a tool to solve a myriad of simple and complicated issues as well. Like numbers that help us to solve daily activities, Pramá will help us to solve simple or complicated issues on all levels of existence the physical, mental and spiritual.

Module 2 – Pramá Analysis The primary objective of this module is to leverage the synergy of observation, experimentation, and mathematics, culminating in a profound comprehension of social dynamics and individual behaviour. Engaging in collaborative group projects and consultations, participants systematically evaluate deviations from the 'ideal perfection.' This process not only facilitates the acquisition of theoretical knowledge but, more importantly, cultivates the capacity to formulate practical solutions to intricate psychological and societal challenges.

Module 3 – Same Yet Different Module three will introduce participants to cultural differences around the world and how they shape different aspects of humanity. The aim is to foster intercultural understanding and appreciation as a way of understanding that while we may exhibit differences in traditions and behaviours, underneath it all, we strive for similar goals of peaceful living, harmony, and goodness.

Module 4 – Pramá in Different Settings This module will explore how lack of pramá leads to in cities, for example, congestion and pollution. Health leads to systems that do not understand differences i.e., the importance of personalized and multi-door health centres, and in education, the importance of pedagogy that links theory with practice with inner transformation. The final part will focus on changes in the world economy.

Module 5 – Bio-Psychology 1 Module five consists currently of three levels: 1. Understanding the emotions in yourself and basic practices for dealing with them. 2. Learning ways for teaching emotions and their management to others. 3. Applying the central concepts of Yoga Psychology in therapeutic settings. All three levels will be included in the PraAna course.

Module 6 – Break Down Challenges: Find Successful Solutions
I. **Overview**
1.1 Objective: The primary goal of this lecture series is to equip participants with a deep understanding of social and psychological issues and empower them with effective solutions.
1.2 Structure: Each session spans 3 hours, with 45 minutes dedicated to presenting a specific topic. The subsequent time is allocated for group activities aimed at devising optimal solutions.

II**. Lecture Sessions:**

2.1 Topic Presentation: The first segment involves a comprehensive exploration of the chosen topic, utilizing the first 45 minutes of the session. Rigorous research and evidence-based content ensure the highest quality educational experience.

2.2 Group Work: The remainder of the session allows students to collaborate in groups to brainstorm and propose solutions. This fosters teamwork and encourages diverse perspectives.

III. PraAna Consultation Day:
3.1 Psychological Issues: Following four lectures, students are provided three hours for one-on-one consultations for topics of a psychological nature. This personalized approach aims to address individual concerns and promote mental well-being.
3.2 Social Issues: For topics related to societal challenges, small-group consultations are conducted

during this session. This allows for a more dynamic exchange of ideas and perspectives.

4.2 Outcome: By the end of the series, participants will have not only acquired theoretical knowledge but also practical skills to navigate and contribute positively to both personal and societal challenges.

IV. Individual Work Session:

4.1 Purpose: On a dedicated day-session, students are given three hours to delve into individual work. This time is crucial for personal reflection and application of the knowledge gained during the lectures and group work.

Conclusion: In conclusion, this lecture series aims to create a robust framework for understanding and addressing social and psychological issues. The combination of informative sessions, collaborative group work, and individual reflection ensures a holistic learning experience.

Module 7 – Pramá Analysis

Public Speaking is a valuable skill that can be developed with practice and understanding. As public speaking is a skill that improves with time and practice. We shall start small, seek feedback, and gradually challenge ourselves with more complex speaking opportunities. Here are some key points to help us grasp the basics of public speaking skills:

• Know Your Audience
• Clear Purpose and Message
• Structured Content
• Engaging Introduction
• Body Language and Nonverbal Communication
• Confidence and Presence
• Effective Use of Visual Aids
• Audience Interaction
• Practice, Practice, Practice
• Handle Nervousness
• Adaptability

How to set up a Pramá Analysis Studio (PraAnaS) A Pramá Analysis Studio, known as PraAnaS, stands as a dedicated sanctuary for holistic well-being, merging ancient wisdom with modern methodologies. Rooted in the profound Pramá Analysis approach, PraAnaS embraces the comprehensive understanding of human potential, addressing the physical, mental, and spiritual aspects of each individual.

PraAnaS operates on the philosophy that true well-being emerges from a holistic understanding of the self. The integration of ancient philosophies and modern practices forms the cornerstone of the Pramá Analysis methodology, ensuring a comprehensive and tailored approach for each visitor.

In essence, a Pramá Analysis Studio offers a haven where individuals embark on a transformative journey toward holistic well-being. By integrating personalized consultations, comprehensive assessments, and diverse actionable options, PraAnaS emerges as a beacon of holistic health, guiding individuals toward a balanced and enriched life.

Module 8 – Neo Humanism 1 Neo-Humanism, as envisioned by Prabhat Ranjan Sarkar, transcends the boundaries of traditional humanism, extending the spirit of love to encompass all entities within the universe both animate and inanimate, including animals, plants. It represents the elevation of humanism to a universal plane, fostering a profound sense of interconnectedness and compassion.

According to Sarkar, the ultimate goal of Neo-Humanism is the alignment of one's individual existential nucleus with the Cosmic Existential Nucleus. This convergence results in the unity of the

individual's entire existential order with the Controlling Nucleus of the Supreme Entity in the cosmological order, representing the pinnacle of Neo-Humanistic expression.

In summary, Neo-Humanism stands as a transformative philosophy that beckons individuals to rise above narrow boundaries, embracing universal love and rational devotion. It calls for the liberation of human intellect from dogma and encourages a collective effort towards the well-being of all beings in the interconnected tapestry of the universe.

Module 9 – Bio-Psychology 2 In this Module Yoga Psychology beautifully underscores the profound connection between the mind and body. It embraces the idea that our psychological well-being intricately influences our physical health and vice versa. This holistic perspective encourages a balanced approach to understanding and nurturing the complete self.

Central to Bio-Psychology is the transformative power of meditation. Shrii Shrii Ánandamúrti advocates that regular meditation acts as a catalyst for achieving mental balance, emotional harmony, and spiritual growth. Through the practice of meditation, individuals embark on a journey to synchronize their inner worlds, fostering a sense of tranquillity and self-awareness.

Bio-Psychology, offer a comprehensive toolkit for harmonizing the mind and body. From physical postures or ásanas to mindful breathing exercises or Práńáyáma, these yogic principles serve as a guide to achieve a state of equilibrium, promoting both physical vitality and mental clarity.

Bio-Psychology, unveils the concept of mental evolution. As individuals progress on their spiritual journey, the mind undergoes positive transformations. This evolution leads to heightened wisdom, compassion, and a deepening connection with one's true self—an integrated approach to mental well-being.

In this harmonious integration, the concepts flow seamlessly, highlighting the synergy between meditation, yogic practices, mental evolution, and their collective impact on individual and societal well-being. It encapsulates the essence of Anandamurti's teachings, emphasizing the interconnected dance of mind, body, and spirit on the path to holistic harmony.

Module 10 – PROUT – All Round Social Progress PROUT aims to address issues of economic inequality, social injustice, and financial instability by advocating for a more equitable and sustainable society.At its core, PROUT emphasizes the idea of localized economic self-sufficiency and decentralized planning to ensure that the benefits of development reach all segments of society. The theory promotes the idea that economic resources and opportunities should be distributed in a way that uplifts the entire community, rather than concentrating wealth and power in the hands of a few.

One of the key principles of PROUT is the concept of "maximum utilization and rational distribution" of resources. This entails optimizing the use of natural and human resources to meet the needs of the entire population while minimizing waste and environmental degradation. The theory also underscores the importance of cultural, social and spiritual values in shaping economic policies, seeking to integrate material progress with the overall well-being and moral development of individuals and communities.

PROUT envisions a system that balance the physical mental and spiritual potentialities of each and every human being; aim to strike a balance between individual liberties and social welfare. It proposes to ensure that economic power is distributed at various levels, from local communities to larger regions.

Economists and supporters see such a comprehensive socio-economic model to addressing the challenges of global development in a holistic and sustainable manner as a visionary approach.

Module 11 – Microvita And Society Microvita is a concept introduced by Prabhat Ranjan Sarkar. Microvita theory proposes the existence of subtle entities or particles that play a fundamental role in the creation and transformation of life. While the concept is rooted in spiritual philosophy, its practical applications in society may vary depending on individual interpretations. its application in society may be viewed differently by various individuals and communities. Some may see it as a valuable framework for personal and social development, while others may view it as a more esoteric or spiritual concept.

Here are some general ways in which Microvita could potentially be applied:

Spiritual Practices: Microvita theory is often integrated into spiritual practices. Meditation, yoga, and other spiritual activities may influence the flow and transformation of personal and collective well-being.

Education and Research: Individuals and groups may explore the concept of Microvita in the context of scientific research and education. This could involve investigating the potential influence of subtle forces on biological, physical and mental processes.

Social Transformation: PR Sarkar's teachings emphasize the importance of social service and the establishment of a just and harmonious society. Microvita may bring positive social change, including addressing issues such as poverty, inequality, and environmental sustainability.

Holistic Health: The concept of Microvita is sometimes connected to holistic health practices. Integrative medicine and alternative healing modalities may incorporate Microvita theory in their approach to promoting physical, mental, and spiritual well-being.

Environment: Microvita theory may connect subtle forces and the natural environment. Advocates may use this perspective to promote ecological awareness and sustainable practices that respect the interconnectedness of all living beings.