



PRAMÁ ANALYSIS

THE UNIVERSAL LAW OF BALANCE AND EQUILIBRIUM

START MONDAY 11 AUGUST 2025

END SUNDAY 29 MARCH 2026

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Section 1 - Introduction

PRAMÁ ANALYSIS COURSE

UNIVERSAL LAW OF BALANCE AND EQUILIBRIUM

Ánanda Márga International Academy (ÁMIA) has developed a unique course called Pramá Analysis (PraAna).

The Pramá Analysis course is based on discourses from Pramá by P.R. Sarkar.

Pramá is a Sanskrit word, and according to P.R. Sarkar, it may be broadly translated as “balance” in English. Specifically, it is the combination of both equilibrium and equipoise.

Pramá or balance is indispensable in both individual life and collective life. Its foundation is based on the belief that every human being’s existence is trifarious consisting of the physical, mental, and spiritual.

This course on Pramá Analysis, elaborated by Ac. Premamáyananda Avt., has two major scopes academic and job-oriented.

The first scope is academic which aims to guide students in deepening their understanding of this subject deep in order to apply and teach it to others and to gain personal and collective benefits, such as improved health, family harmony, peace of mind, and physical, mental and emotional balance in individual, family and social context. The term “collective”, in this context, refers to close family members and friends. However, in a wider range of Pramá Analysis applications, “collective” may refer to a private or public company, village, town, city, institution, socio-economic zone, region, country, and so on.

The second scope is to train Pramá Analysts who are qualified to be employed in various public or private institutions such as those in villages, towns, cities, socio-economic zones, regions, countries, and so on.

To achieve this, AMIA provides original literature that accounts for more than 90% of the entire PraAna course’s literature.

Frequent Acronyms, Abbreviations, or Initialisms in Pramá Analysis Course		
Ánanda Márga International Academy	ÁMIA	
Pramá Analysis	PraAna	
Pramá Analysis Course	PraAnaC	
Pramá Analysis Gross Earned Credits	PraAna GEC	GEC
Pramá Analysis Net Exchangeable Credits	PraAna NEC	NEC
Pramá Analysis Studio	PraAnaS	
Contact Hours	CH	
Non-Contact Hours	NCH	

Section 2 - Schedule A

PRAANA - FIRST SEMESTER MODULE 1-6

P. R. Sarkar wrote extensively on Pramá since the 1950s. He describes Pramá by 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 1 Pramá History - Discourses on Pramá by P. R. Sarkar

Conducted by Ac. Premamáyananda Avt. and Trond Överland

from 7pm to 10pm

Class	Date	Title	Tot Hours	Tot CH	Tot NCH	GEC
#	August					
01	Mon 11	Pramá 1 - Dynamic Equilibrium and Equipoise	3	3		1
02	Wed 13	Pramá 2 - Physical Propulsion, Psychic Propensities, and Spiritual Attainment	3	3		1
03	Fri 15	Pramá 3 - Lokatrikoña	3	3		1
04	Mon 18	Pramá 4 - Appendix - Question & Answer	3	3		1
05	Wed 20	Discussion and Presentation	3	3		1
06	Fri 22	Individual Project	3	15	3	1
		Partial Total	18			6
07	Mon 25	The Power of Unit Consciousness	3	3		1
08	Wed 27	Pramá in carbonic and non-carbonic pabula	3	3		1
09	Fri 29	Four Basic Human Longings	3	3		1
	September					1
10	Mon 1	Move from an Ordinary Lineage to an Extraordinary Lineage	3	3		1
11	Wed 3	Discussion and Presentation	3	3		1
12	Fri 5	Individual Project	3	15	3	6
		Partial Total	18			
13	Mon 8	Microvitum, the Mysterious Emanation of Cosmic Factor	3	3		1
14	Wed 10	Question & Answer on Microvita – Excerpt A	3	3		1
15	Fri 12	Question & Answer on Microvita – Excerpt B	3	3		1
16	Mon 15	Cognitive Force and Psychic Practice	3	3		1
17	Wed 17	Discussion and Presentation	3	3		1
18	Fri 19	Question & Answer	3		3	1
		Partial Total	18	15	9	6
		Module 1 Total	54	45	9	18

Assessment Type	Timing	Notes
Question & Answer	On Fri 19 Sep 2025	Students pick/confirm research topic.
Research Paper 1 (2,500–4,000 words)	Assign Fri 05 Sep 2025 Due Fri 24 Oct 2025	

Module 2 Pramá Analysis
Conducted by Ac. Premamáyananda AVT.
from 8am to 3pm

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 Role Play, 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.

#	Date	Title	Total Hours	Total CH	Total NCH	GEC
	August					
01	Sat 23	Searching for Super Human + Role Play	9	7	2	3
02	Sat 30	The Formation of Pramá Analysts + Role Play	9	7	2	3
		Partial Total	18		4	6
	September					
03	Sat 6	Lokatrikoña and the Stages of Derangement, Disruption, and Degeneration + Role Play	9	7	2	3
04	Sat 13	When do Derangement, Disruption, and Degeneration Start and Ends + Role Play	9	7	2	3
		Partial Total	18		4	6
		Module 2 Total	36	28	8	12

Assessment Type
Timing
Notes
Role Play

Continuous assessment based on Critical engagement, discussion quality, and preparation.

Analyse a real-world social imbalance.

Module 3 Same Yet Different

Conducted by **Dr. Saroja Dorairajoo**

from 10am to 3pm

For Pramā Analysis Course Dr. Saroja Dorairajoo will conduct module 3 “Same Yet Different - Cultural Differences and Traditions around the World”.

This module 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.

#	Date September	Title	Total Hours	Total CH	Total NCH	GEC
01	Sat 27	Genetics of Human Variability / Human Cultural Variability Group Project	9	5	4	3
02	Sun 28	Politics of Human Cultural Diversity in the Current World Order Group Project	9	5	4	3
Module 3 Total			18	10	8	6

Assessment Type

Timing

Notes

Group Project

Continuous assessment based on Critical engagement, discussion quality, and preparation.

Each group present their insights of inclusiveness of different Cultural diversity.

Module 4 Pramá in different settings
Conducted by Professor Sohail Inayatullah
from 10am to 3pm

For Pramá Analysis Course Professor Inayatullah will conduct a course on Prama in various settings. These include the city, the health sector, the educational sector, and the world economy. Case studies of experiments in pramá will be examined.

This module will explore how lack of pramá leads to in cities, for example, congestion and pollution. In 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 the links theory with practice with inner transformation. The final part will focus on changes in the world economy.

#	Date October	Title	Total Hours	Total CH	Total NCH	GEC
01	Sat 4	Rational demographic (ri-) distribution. / Homomorphic Health Center Group Project	9	5	4	3
02	Sun 5	Build a new generation of educated and cultured human. / Beyond Geo Politics Group Project	9	5	4	3
Module 4 Total			18	10	8	6

Assessment Type
Timing
Notes
Group Project

Continuous assessment based on
Critical engagement, discussion quality, and
preparation.

Each group presents a case
study (city, health, education).

Module 5 Bio-Psychology 1

Conducted by **R. Tamminga**
Ac. Premamáyananda Ac.
Trond Överland

from 8am to 3pm

R. Tamminga was born in the Netherlands and lives currently in Taichung, Taiwan. He is the co-director of Juei-Ai Yoga Center and the president of the Earth Lovers Family Association. He is the author of many books on education and is a popular storyteller in schools and community centers.

Tamminga, inspired by P.R. Sarkar's Yoga Psychology, formulated the Yoga of Emotions, which explains the yogic way of controlling emotions through the body and mind practices.

This course 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.

#	Date October	Title	Total Hours	Total CH	Total NCH	GEC
01	Sat 18	Extra-Cerebral Memory Group Project	9	2	1	3
02	Sun 19	Cerebral and Extra-Cerebral Memory Group Project	9	2	1	3
03	Sat 25	Dream, Telepathic Vision and Clairvoyance Group Project	9	2	1	3
04	Sun 26	The Human Body Is a Biological Machine Group Project	9	2	1	3
Partial Total			36	8	4	12

#	Date November	Title by R. Tamminga	Total Hours	Total CH	Total NCH	GEC
05	Sat 01	Understanding one's own emotions and fundamental techniques for managing them Group Project	9	2	1	3
06	Sun 02	Acquiring strategies for instructing others on emotions and how to handle them Group Project	9	2	1	3
07	Sat 08	Using the key principles of Yoga Psychology within the context of therapeutic environments Group Project	9	2	1	3
08	Sun 09	Ethics of a Neo-humanist Ecology Group Project	9	2	1	3
Partial Total			36	8	4	12
Module 5 Total			72	16	8	24

Assessment Type

Timing

Notes

Group Project

Continuous assessment based on
Critical engagement, discussion quality, and
preparation.

Analysis on emotional
intelligence from Yoga
Psychology perspective.

Module 6 Break Down Challenges: Find Successful Solutions**Conducted by Ac. Premamáyananda Avt. and Trond Överland****from 7pm to 9pm****I. Overview of the Lecture Series:**

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 2 Contact 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 Role Play Day:

3.1 Psychological Issues: Following four lectures, students are provided three hours for one-on-one Role Play 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 Role Play are conducted during this session. This allows for a more dynamic exchange of ideas and perspectives.

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.

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.

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.

from 7pm to 9pm

#	Date	Title	by Ac. Premamáyánanda Avt.	Total Hours	Total CH	Total NCH	GEC
01	Mon 22	Synthesis and Analysis		3	2	1	1
02	Wed 24	Social and Human Values		3	2	1	1
03	Fri 26	Moving Together for a Just and Inclusive Society: The Need for Collective Strength		3	2	1	1
04	Mon 29	Analysing Human Evolution from Physical to Spiritual Realm		3	2	1	1
05	Wed 1	Group Project		3	0	2	2
	October						
06	Fri 3	Individual Project ¹		6	0	1	1
		Partial total		21	8	7	7
07	Mon 6	The Importance of Movement and Pause in Human Advancement and Spiritual Growth		3	2	1	1
08	Wed 8	Slow Human Progress and the Need for Proper Life Adjustment		3	2	1	1
09	Fri 10	Fundamental Difference between Fine Sentiments and Rational Expression		3	2	1	1
10	Mon 13	Move Ahead: The Importance of Movement and Utilizing One's Faculties in Life		3	2	1	1
11	Wed 15	Group Project		3	0	2	2
12	Fri 17	Individual Project		6	0	1	7
		Partial Total		21	8	7	14
		Modul 6 Total		42	16	14	14

Assessment Type **Timing**

Reflection Paper 1 **Assign** Fri 26 Sep 2025
(250–500 words) **Due** Fri 17 Oct 2025

Notes

Critical Reflection on topic discussed.

¹ The student can independently choose for discussion and analysis his/her own topic from the list of topics discussed in the course.

Section 3 Schedule A

PRAANA - SECOND SEMESTER MODULE 7-11

Module 7

Pramá Analysis

from 8am to 3pm

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.

#	Date 2026	Title	Total Hours	Total CH	Total NCH	NCH
01	Sat 17	Public Speaking - 1 and	9	7	2	3
				7	2	
02	Sat 24	Public Speaking - 2 and	9			3
		Partial Total	18	14	4	6
03	Sat 31	How to Set Up a Pramá Analysis Center 1 and	9	7	2	3
	February					
04	Sat 7	How to Set Up a Pramá Analysis Center 2 and	9	7	2	3
		Partial Total	18	14	4	6
		Module 7 Total	36	28	8	12

Assessment Type

Timing

Notes

Evaluation on Public Speaking

Continuous assessment based on Practical Performance (Public Speaking) and or Set Up a Pramá Analysis Studio

Mini public speaking sessions.

Envision the characteristics of a future Pramá Analysis Studio.

Module 8 Neo Humanism 1
Conducted by Ac. Shambhushivananda / Trond Överland
from 8am to 3pm

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.

#	Date 2026 February	Title	Total Hours	Total CH	Total NCH	NCH
01	Sat 14	Neo Humanism 1 The Neohumanism of Sadvipras The Physical, Psychic and Spiritual Strata An Ideal Life Group Project	9	7	2	3
02	Sat 21	Neo Humanism 2 Exploitation – No More Liberation from Staticity The Liberation of Intellect Group Project	9	7	2	3
		Partial Total	18	14	4	6
03	Sat 28	Neo Humanism 3 What Is Dogma? Dogma and Human Intellect Dogma – No More Group Project	9	7	2	3
	March					
04	Sat 7	Neo Humanism 4 Rise Above All Complexes Subjective Approach through Objective Adjustment Reality and Intellectuality Group Project	9	7	2	3
		Partial Total	18	14	4	6
		Module 8 Total	36	28	8	12

Assessment Type
Reflection Paper 2
(500–800 words)

Timing
Assign Sat 21 Feb 2026
Due Sat 07 Mar 2026

Notes

On Neo-Humanism's application to modern society.

Module 9 Bio-Psychology 2
Conducted by Ac. Premamáyananda Avt. / Trond Överland
from 7pm to 9pm

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 tranquility 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 Práñáyáma, 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 Shrii Shrii Ánandamúrti's teachings, emphasizing the interconnected dance of mind, body, and spirit on the path to holistic harmony.

#	Date 2025 October	Title	Total Hours	Total CH	Total NCH	GEC
01	Mon 27	Biological Transformation Associated with Psychic Metamorphosis and Viceversa	3	2	1	1
02	Wed 29	Question & Answer on Meditation	3	2	1	1
03	Fri 31	Glands and Sub-Glands	3	2	1	1
	November					
04	Mon 3	The Mind Grows in Magnitude	3	2	1	1
05	Wed 5	Group Project	3	1	2	1
06	Fri 7	Individual Project	6	0	6	2
		Partial Total	21	9	12	7
07	Mon 10	Meditation: Practices of Pinnacled Order	3	2	1	1
08	Wed 12	Ideation and Meditation	3	2	1	1
09	Fri 14	Instinct and Devotion	3	2	1	1
10	Mon 17	Mysticism and Yoga	3	2	1	1
11	Wed 19	Group Project	3	1	2	1
12	Fri 21	Individual Project	6	0	6	2
		Partial Total	21	9	12	7
13	Mon 24	Vrttis 1	3	2	1	1
14	Wed 26	Vrttis 2	3	2	1	1
15	Fri 28	Cakras and Hormone Secretion	3	2	1	1
	December					
16	Mon 1	Plexi and Microvita	3	2	1	1
17	Wed 3	Group Project	3	1	2	1
18	Fri 5	Individual Project	6	0	6	2
		Partial Total	21	9	12	7

from 8am to 3pm

#	Date 2025	Title	by Ac. Premamáyánanda Avt.	Total Hours	Total CH	Total NCH	GEC
	November						
01W	Sat 22	Food, Cells, Physical and Mental Development and Group Project		9	7	2	3
02W	Sun 23	The Two Human Approaches and Group Project		9	7	2	3
	December						
03W	Sat 6	Ghosts and Evil Spirits / Are Ghosts Hallucinations? Group Project		9	7	2	3
04W	Sun 7	Micro Psychic Longing Group Project		9	7	2	3
		Partial Total		36	28	8	12
		Module 9 Total		99	55	44	33

Assessment Type

Timing

Notes

Group Project

Continuous assessment based on
Critical engagement, discussion quality, and
preparation.

Application of bio-psychology
practices to group wellness.

Module 10 PROUT - All Round Social Progress
Conducted by Ac. Premamáyánanda Avt. / Trond Överland
from 7pm to 8pm

PROUT is a socioeconomic model that 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.

Class #	Date 2026 January	Title	Total Hours	Total CH	Total NCH	GEC
01	Mon 12	The Social Cycle	3	1	2	1
02	Wed 14	The Sadvipra	3	1	2	1
03	Fri 16	Evolution / Revolution	3	1	2	1
04	Mon 19	Counter Evolution / Counter-Revolution	3	1	2	1
05	Wed 21	Group Project	3	1	2	1
06	Fri 23	Individual Project	3	0	3	1
		Partial Total	18	5	13	6
07	Mon 26	Peripheric Evolution / Low of Nature	3	1	2	1
08	Wed 28	Minimum Requirement of an age	3	1	2	1
09	Fri 30	Surplus wealth	3	1	2	1
	February					
10	Mon 2	Vitality of Society / Collective Body	3	1	2	1
11	Wed 4	Group Project	3	1	2	1
12	Fri 6	Individual Project	3	0	3	3
		Partial Total	18	5	13	6
13	Mon 9	Maximum Utilization and Rational Distribution	3	1	2	1
14	Wed 11	Mundane, Supramundane - Physical, Metaphysical, and Spiritual Potentialities	3	1	2	1
15	Fri 13	Variability of utilization according to Time, Space, and Person	3	1	2	1
16	Mon 23	The True Meaning of Society: Moving Together for a Common Ideology	3	1	2	1
17	Wed 25	Group Project	3	1	2	1
18	Fri 27	Individual Project	3	0	3	1
		Partial Total	18	5	13	6
	March					
19	Mon 2	The New Pattern of History: Collective Psychology and the Significance of Events	3	1	2	1
20	Wed 4	Rediscovering Renaissance: Equality in Physical, Psychic, and Spiritual Strata	3	1	2	1

21	Fri 6	Four Parts of a Developed Economy	3	1	2	1
22	Mon 9	Factors of Economic Planning in a Decentralized Economy	3	1	2	1
23	Wed 11	Group Project	3	1	2	1
24	Fri 13	Individual Project	3	0	3	1
		Partial Total	18	5	13	6
25	Mon 16	Service Psychology and Group Psychology / Unity in Diversity: The True Spirit of Synthesis in Human Society	3	1	2	1
26	Wed 18	The Role of Psychic Pabula in Shaping Socio-Economic Systems	3	1	2	1
27	Mon 23	Individual Project	3	0	3	1
		Partial Total	9	2	7	3
Module 10 Total			81	22	59	27

Assessment Type Timing

Research Paper 2 **Assign** Fri 06 Feb 2026
 (2,500–4,000 words) **Due** Mon 23 Mar 2026

Notes

Students pick/confirm research topic on comprehensive application of Prout to real-world problems.

Module 11 Microvita and Society

Conducted by **Ac. Premamáyananda Avt. / Trond Överland**

from 8am to 3pm

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.

#	Date 2026 March	Title	Total Hours	Total CH	Total NCH	GEC
01	Sat 14	The Theory of Microvita and Its Possible Effects on Society – Excerpt A	9	7	2	3
02	Sun 15	The Theory of Microvita and Its Possible Effects on Society – Excerpt B	9	7	2	3
		Partial Total	18	14	4	6
03	Sat 28	Microvitum and its Effects on Human Body and Human Mind	9	7	2	3
04	Sun 29	Some Guidelines for Commencing Microvita Research	9	7	2	3
		Partial Total	18	14	4	6
		Module 11 Total	36	28	8	12

Assessment Type **Timing**

Question & Answer **Assign** Sun 15 Mar 2026
Due Sun 29 Mar 2026

Notes

Section 4

PRAANA COURSE COMPONENTS

Mod	Title	Total Hours	Total CH	Total NCH	GEC	Time
1	Pramá History	54	45	9	18	7pm-10pm Week day
2	Pramá Analysis	36	28	8	12	8am-3pm Weekend
3	Same Yet Different	18	10	8	6	10am-3pm Weekend
4	Pramá in Different Settings	18	10	8	6	10am-3pm Weekend
5	Bio-Psychology 1	72	16	8	24	8am-3pm Weekend
6	Break Down Challenges: Find Successful Solutions	42	16	14	14	7pm-9-pm Week day
7	Pramá Analysis	36	28	8	12	8am-3pm Weekend
8	Neo Humanism 1	36	28	8	12	8am-3pm Weekend
9	Bio-Psychology 2	99	55	44	33	8am-3pm Weekend
10	PROUT – All round Social Progress	81	22	59	27	7pm-8-pm Week day
11	Pramá Analysis	36	28	8	12	8am-3pm Weekend
Pramá Analysis Entire Course Delivers a Grand Total of		528	286	182	176	

S/N	Course component	Contact Hours	Non-Contact Hours	Remarks
1	Lectures	146	56	
2	Role Play a) One on One b) Small Group c) Social Analysis	92	38	
3	Individual Projects	10	50	
4	Group Projects	98	38	
	Grand Total	346	182	528

Section 5

QUALIFICATION TO BE AWARDED UPON COURSE COMPLETION

Pramá Analysis – The Universal Law of Balance and Equilibrium Course is a stackable Certificate Course; therefore, every student will be awarded a Certificate for each module accomplished successfully. Additional three Certificates will be awarded as in the Chart Below:

MODULE	QUALIFICATION
1	Certificate in Pramá Analysis – The Universal Law of Balance and Equilibrium – Module 1 – Pramá Analysis History – Discourses by P.R. Sarkar
2	Certificate in Pramá Analysis – The Universal Law of Balance and Equilibrium – Module 2 – Pramá Analysis
3	Certificate in Pramá Analysis – The Universal Law of Balance and Equilibrium – Module 3 – Same Yet Different
4	Certificate in Pramá Analysis – The Universal Law of Balance and Equilibrium – Module 4 – Pramá in Different Settings
5	Certificate in Pramá Analysis – The Universal Law of Balance and Equilibrium – Module 5 – Bio-Psychology 1
6	Certificate in Pramá Analysis – The Universal Law of Balance and Equilibrium – Module 6 – Break Down Challenges: Find Successful Solutions
7	Certificate in Pramá Analysis – The Universal Law of Balance and Equilibrium – Module 7 – Pramá Analysis
8	Certificate in Pramá Analysis – The Universal Law of Balance and Equilibrium – Module 8 – Neo Humanism 1
9	Certificate in Pramá Analysis – The Universal Law of Balance and Equilibrium – Module 9 – Bio-Psychology 2
10	Certificate in Pramá Analysis – The Universal Law of Balance and Equilibrium – Module 10 – PROUT – All Round Social Progress
11	Certificate in Pramá Analysis – The Universal Law of Balance and Equilibrium – Module 11 – Microvita and Society
Modules 1 to 6	Pramá Basic Analyst
Modules 7 to 11	Pramá Advanced Analyst
Modules 1 to 11	Certified Pramá Analyst

Section 6

PEDAGOGY

Objective

PraAna being an integrated discipline Course combines different teaching methodologies such as:

- * Theory on academic knowledge
- * Interactive Workshops
- * Pramic Role Play Simulation on individuals and small groups
- * Data collections
- * Data Analysis
- * Proposed Solutions
- * Interactive Evaluation

CERTIFICATION

This part-time course is developed by the Ánanda Marga International Academy. It consists of 528 hours².

The students, upon completing each module will receive a certificate attesting the completion of that particular module, all modules are stackable certificates.

Upon successful completion of modules 1 to 6, the student will be certified as **Pramá Basic Analysts**.

Upon successful completion of module 7 to 11 the student will be certified as **Pramá Advanced Analyst**.

Upon successful completion of all modules 1 to 11 the student will be certified as **Certified Pramá Analyst**.

STUDENT ASSESSMENT

The emphasis is on promoting learning and knowledge acquisition. Each module is assessed based on classroom practical and/or home assignments or class examinations or module projects..

Note: To complete/pass the course and get the relevant Certificate, the student has to pass all the required modules, and has to achieve **80% attendance for each module**. If the student has less than 80% attendance, then we reserve the right not to issue the Certificate.

Students must be punctual for class. Please inform the office if you are unable to come or will be late for the lesson.

GRADING SYSTEM

Distinction	(90 – 100%)
A grade	(80 – 89%)
B grade	(70 – 79%)
C grade	(60 – 69%)
D grade	(50 – 59%)
Fail	(Below 50%)
P	Pass grade
EX	(exempted)
ABS	(Absent)

² For more details refer to the page on PraAna Course Components.

Section 7

REGISTRATION AND ADMISSION PROCESS

- STEP 1** Prior to registration, all students must read this Student Information Pack in details.
- STEP 2** Student may obtain the Registration Form from AMIA office or download online:
<https://amiaglobal.sg/wp-content/uploads/2025/05/2025-PraAna-Registration-Form.pdf>
An **Admin Fee** of **\$50.00 non-refundable** shall be paid when the student submit the Registration Form.
- STEP 3** Upon application, the student will be called for an **entry test interview** - this will determine entry into the courses.
- STEP 4** Students who have been successfully accepted into the course (after the Entry Test interview), will receive a Student Acceptance Letter, an Advisory Note* and a Contract**.
- STEP 5** The students must then complete and duly sign the Advisory Note and the Contract³ and send to us in order to complete the registration. And thereafter, make course fee payment as per the student's payment plan/schedule.

³ A requirement under the Private Education regulations (Committee for Private Education).

Section 8 - Schedule B

FEE AND PAYMENT PLAN

CERTIFICATE INSTALMENT PAYMENT SCHEMES		TOTAL PAYABLE IN SGD\$
Non-Refundable Admin Fee	50.00	
Total Course Fees Payable:		2,500.00
Early bird discount @ 5%	Applied for registration submitted before and not later than 15 th July 2025	125
Balance		2,375.00
Balance Course Fees Payable		2,375.00
No Discount	For students undertaking only individual modules.	
Maximum 4 instalments		

INSTALMENT SCHEDULE⁴

Certificate Instalment Schedule After 5% Discount

Due Date	11 Aug 2025	11 Oct 2025	11 Dec 2025	11 Feb 2026	Total
☐ Two Instalments	1,187.50		1,187.50		2,375.00
☐ Three Instalments	791	791	793		2,375.00
☐ Four Instalments	593	594	594	594	2,375.00

INDIVIDUAL MODULE PAYMENT FEE⁵

	FEE IN SGD
Module 1 Pramā History	270.00
Module 2 Pramā Analysis	180.00
Module 3 Same Yet Different	90.00
Module 4 Pramā in Different Settings	90.00
Module 5 Bio-Psychology 1	360.00
Module 6 Break Down Challenges: Find Successful Solutions	210.00
Module 7 Pramā Analysis	180.00
Module 8 Neo Humanism 1	180.00
Module 9 Bio-Psychology 2	495.00
Module 10 PROUT - All round Social Progress	405.00
Module 11 Pramā Analysis	180.00

⁴ The payment of the instalment/s must be done before or on the date mentioned above.

⁵ For Individual Module Registration, no refund will be given if the written request for withdrawal of the module arrives before, but not more than seven [7] days of the Module Commencement Date.

Section 9

PAYMENT MODES

Cash at AMIA Center's authorized staff

Cheque at AMIA Center's authorized staff

Cheques are made payable to:

Ananda Marga International Academy Pte Ltd

Please indicate your name, the course enrolling in, and your contact number on the back side of the cheque.

PayPal to amyogaacademy@gmail.com

PayNow by scanning the SG QR code

UEN Number is 201020812K



2003302FAB7D
Ver 01.0001

ANANDA MARGA YOGA ACADEMY



SCAN TO PAY



The Course fee Covers the following components: Tuition, assignment, project, thesis supervision and assessment. Examination and certification. Class hand out and downloading files.

It excludes re-examination fees and the costs of relevant course materials which are to be purchased during the period of study.

Insurance Coverage All AMIA students are covered under the "Industry-Wide Course Fee Protection Insurance Scheme" offered by Lonpac Insurance Bhd (an appointed insurance company by the Council for Private Education).

The IWC is an industry-wide scheme that covers the course fees of students in each Private Education Institute (PEI) in the event of insolvency or regulatory closure of PEI or PEI's failure to pay sum awarded by Singapore Courts to the insured student up to a limit of \$2 mil per event.

Section 10 – Schedule C

MISCELLANEOUS FEES

Purpose of Fee	Amount (with GST, if any) (S\$)
Pramá Analysis booklet by Ac. Premamáyananda Avt.	7.00
Pramá Analysis booklet by P. R. Sarkar	10.00

Section 11 – Schedule D⁶

REFUND FOR WITHDRAWAL DUE TO OTHER REASONS AND REFUND DURING COOLING OFF PERIOD

- * Upon successful approval and acceptance of the application (after the Entry Test Interview),
- * A Cooling-Off period of 7 days (from the date of acceptance into the course) is given should the student wishes to withdraw from the course. A written letter/email must be provided. The refund will be paid in full, except for the admin fee.
- * If a student wishes to withdraw from the course after the Cooling-Off Period of 7 days, no refund will be paid.
- * If AMIA rejects any application before the commencement of the course, 11 August 2025; all payments will be refunded in full, except the admin fee.
- * First priority is given to students who enroll in all Pramá Certificate Course Modules 1-11. In the event of space non-availability, AMIA reserves the right to reject students who are undertaking only individual modules. In this case, the module fee will be refunded in full, except the admin fee.
- * If a student is compelled to drop the course due to force majeure, the Management Board Members will decide on a case-by-case basis whether the last installment fee should be refunded partially or totally.

For more information or any clarifications regarding payments, kindly get in touch with us.

⁶ We reserve the right to revise the Guidelines/Policies, Rules and Regulations as deemed necessary. The student will be duly informed of any updates.