



आत्मानं जानीहि

SCIENCE OF KRIYAYOGA

Course Details

The Science of Kriyayoga class covers understanding of self and surrounding by individuals through first making and practicing connections between body and mind. The content of the course includes explanation of objective and practical science, and role of mind in creating such an important field of study. The course also covers the meaning and description of yoga, which literally means union or process of uniting.

Students are introduced to basic concepts of sciences, such as nervous system, respiration, photosynthesis, physical and natural forces, atomic and molecular structure, and coordinated function of a cell. Information from these topics is then used to construct an understanding of the process of yoga, first as a practice with self in terms of different body postures and breathing process, which is transformed into learning lessons for the connection with others, including animals, plants, and the environment. The students are provided examples of holistic functioning of atoms, molecules, cells, bodies, societies, planet, and the universe. Examples are also given for critical analysis of scientific facts, and assignments are given for them to critically analyze literature, seminars, or other published topical materials.

Course Objective and Outline

- The objective of the course is to introduce scientific concepts of modern times and relate them to scientific concepts such as yoga of ancient times, which are becoming popular in today's society. The course will also aim at drawing analogy between the modern and ancient scientific thoughts.
- This course is designed to teach science using yoga concepts and practices. The course is taught by incorporating significant amount of science material. Students not interested in learning science are discouraged from registering into the course or are encouraged to talk to the instructor before registering.

About the Instructor

Dr. Singh is a leading expert on protein structure, protein folding and functions, botulinum toxins and biodefense agents. He is the founder of Prime Bio. Inc., a leading product and service provider, and Institute of Advanced Sciences. A Professor with an interest in teaching innovative biotechnology, Ayurvedic biotechnology physical biochemistry, biochemistry, biological spectroscopy, fluorescence spectroscopy for biochemists, chemistry of the mind, biochemistry laboratory, and science of yoga. Field of research: Protein Chemistry, Botulinum and Tetanus Toxin Research, Education, Ayurvedic Research and Vedic Philosophy.



Dr. Bal Ram Singh

COURSE FEE: USD: \$100 | INR: Rs. 4500/-

Course Delivery: Online Platform Course

Duration: Fourteen Weeks/3.5 Month